

Abstract

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Title: Case Study of physiotherapeutic treatment of a patient with calcifying tendinitis of the Achilles tendon

Objectives: Objectives of this bachelor thesis is to elaborate a case study of physiotherapeutic treatment of a patient with a diagnosis of calcifying tendinitis of the Achilles tendon during continuous practice at the Hospital of Sisters of Mercy St. Charles Borromeo and to summarize general knowledge of the disease.

Methods: This bachelor thesis has two parts. The general part summarizes the etiopathogenesis, classification according to different authors, clinical picture and diagnostics, mechanism of gait and treatment of calcific tendinitis of the Achilles tendon, where are described especially physiotherapeutic procedures and methods for use in the treatment of this diagnosis. A special part includes a case study of a patient with this condition, where functional changes, mainly in the lower limbs, were affected as a consequence of this condition. At the end of this section is described, an evaluation of the therapy effect.

Results: The therapy effect evaluation shows that the goals that were set were partially completed. Especially the soft tissues in the Achilles tendon area were positively affected, their tone was reduced, the joint plays of the feet were removed and the range of motion of the lower limbs joints increased. The proprioception of the lower limbs was also affected.

Conclusion: The objectives of this thesis have been completed. The theoretical knowledge concerning the disease was summarized and a case study of a patient with calcifying tendinitis of the Achilles tendon was elaborated in a special part.

Keywords: calcifying tendinitis, Achilles tendon, case study, physiotherapy