

Abstract

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Title: Case Study of Physiotherapeutic Treatment of a Patient after Total Hip Replacement

Objectives: The aim of this study was to summarize the theoretical and practical knowledge about total hip arthroplasty and subsequent case report of a patient with this diagnosis.

Methods: The thesis consists of two parts, general and special. The general part discusses osteoarthritis and its treatment options, hip alloplasty and rehabilitation related to joint replacement. The special part is presented in the form of a case report of physiotherapeutic care of a patient after total hip arthroplasty. The case report includes medical history, initial kinesiological analysis, short- and long-term therapeutic plan, course of individual therapeutic units, output kinesiological analysis and evaluation of the effect of therapy.

Results: The patient's physical condition was improved in many ways and the goals of the short-term physiotherapy plan were met. As a result of the individual therapies, the range of motion and muscle strength of the operated lower limb were increased, the shortened muscles were stretched, reflex changes were eliminated, scar healing was promoted, and the gait stereotype was improved. The patient was also educated in self-therapy.

Conclusion: The set objectives of the bachelor thesis were met. The general part summarized the theoretical and practical knowledge about osteoarthritis and hip alloplasty. In the special part, a case report of physiotherapeutic care of a patient after total hip arthroplasty was prepared.

Keywords: hip joint, total endoprosthesis, osteoarthritis, physiotherapy