

Abstract

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Title: Case study of physiotherapeutic care for a patient with diagnosis of total hip replacement

Objective: The aim of this bachelor thesis is to summarize the issues of coxarthrosis, hip arthroplasty, specifically total hip replacements, and the care for patients with this diagnosis in the theoretical part. In the practical part, to process a case study of physiotherapeutic care for a patient after total hip replacement.

Methods: In the first general part of the thesis, information about the hip joint, coxarthrosis, hip arthroplasties, and preoperative and postoperative care options are summarized based on literature sources and relevant research articles. The following specific part consists of a case study, which includes an initial kinesiological analysis, therapeutic plans with rehabilitation goals, records of therapeutic units, an output kinesiological analysis, and an evaluation of the performed therapy.

Results: The set goals were mostly achieved, as evidenced by the differences between the initial and output kinesiological analyses. It was possible to eliminate, completely or largely, most of the undesirable reflex changes in soft tissues, increase the range of motion and muscle strength of the muscles of right lower limb, improve standing posture, and especially gait stereotype, so that the patient could function in the home environment after leaving the clinic. Additionally, the patient was educated about the anti-dislocation regime and instructed on scar self-therapy and home exercises.

Conclusion: The goals of this thesis were achieved. The related topics were processed in the theoretical part, and a case study of physiotherapeutic care for a patient with a diagnosis of total hip replacement was processed in the specific part.

Keywords: Hip joint, coxarthrosis, total hip replacement, rehabilitation, physiotherapy