

Abstract

My bachelor thesis focuses on physiotherapy after soft tissue injuries of the ankle joint. This type of injury can affect both athletes as well as regular population during their daily activities. In the theoretical part of my thesis I discuss the anatomy of the ankle joint, specifically, its soft tissue; ligaments and muscles. Furthermore, I discuss kinesiology of the ankle joint and traumatology of the ankle joint's soft tissue. I particularly focus on the mechanisms of emergency of the injuries and majority of the injured structures. Included as well is a section on the instability of the ankle joint which is the focus of the practical part of my thesis.

The practical part of my thesis contains two case studies where physiotherapy was applied, in particular, sensomotoric stimulation and spiral dynamic which are techniques suited to treatment of this type of injury. I explore their effectiveness. I have also included a description of these methods as well as tests examining the instability of the ankle joint. Both case studies examine patients who were injured more than two months ago and struggle with ankle joint instability, which is typical for this type of injury.

The objective assesment of my therapy should be the measures on footscan.

Key words: ankle joint, instability of the ankle joint, physiotherapy, sensomotoric stimulation, spiral dynamic, traumatology of the ankle joint