

Abstract

Title: A Case Study of Physiotherapy Treatment of a Patient after Hallux Fracture

Objectives: The aim of this thesis is to describe the theoretical aspects in the field of anatomy, kinesiology, traumatology and subsequently the rehabilitation of the foot. The purpose of the special part is a case study analysing a patient after a hallux fracture.

Methods: The bachelor thesis is divided into two parts: a general and a special part. The general part highlights the theoretical knowledge about the distal part of the lower limb and shines light on the anatomical structure, the kinesiology of the foot and the biomechanics of walking. Furthermore, it focuses on the traumatology and the subsequent rehabilitation of the foot. The special part comprises of a case study of a patient, which is divided into an initial physiotherapy examination, a short term and long term therapy plan, a description of the individual therapeutic units, the resulting physiotherapy examination and an overall evaluation of the effect of the therapy. The work on this case report has been done during bachelor internship between January and February 2021 at the Všeobecná fakulní nemocnice in Prague.

Results: The patients' condition improved both objectively and subjectively after seven outpatient physiotherapy sessions. As a result, the swelling decreased, the overall pain experienced by the patient reduced. In addition, the patient increased his range of motions, muscle strength and especially his overall walking posture and stability.

Keywords: physiotherapy, case report, fracture, hallux, lower limb