

Abstract

This bachelor thesis concerns the influence of upper-limb key muscles strength on self-sufficiency of tetraplegics. The paper is divided into a theoretical and a practical part. The theoretical part contains observations on spinal cord damage as well as health consequences and complications of tetraplegia, which were subjected to closer scrutiny. Furthermore, the paper focuses on self-sufficiency of tetraplegics and on the influences which affect it. It offers a thorough description of the available research on the relationship between muscle strength and self-sufficiency.

The practical part describes and compares case reports of two probands of the same motor level of tetraplegia and of a similar strength of upper-limb key muscles. Self-sufficiency of the probands is attested by SCIM and a detailed description of the strategy of transfer from a wheelchair to a bed and back.

Keywords

tetraplegia, self-sufficiency, muscle strength, SCIM, key muscles