

Abstract

This research is focused on “swimmer’s shoulder” and on affection of chosen aspects by kinesiotape. Theoretical part describes a summary of knowledge about origin, diagnostic and treatment of swimmer’s shoulder. Kinesiotaping as a nowadays treatment method and its effects are also specified. The thesis provides a brief description of chosen aspects (pain, tactile acuity and proprioception) and their measuring by objectification methods. Practical part deals with measuring, evaluation and comparing of mentioned aspects before and after treatment by kinesiotape.

Methods: 20 competitive swimmers (average age 18,3 years, $SD \pm 3,10$) with shoulder pain were chosen for investigating and measuring. Pain was observed by visual analog scale (VAS) and pressure algometry, tactile acuity by esthesiometer and proprioception by a special method, all before and after treatment. A control group without kinesiotape was included to the research.

Results: The experiment showed that tactile acuity was altered in patients with kinesiotape by 27,5 mm in average. This result was evaluated as statistically significant ($p = 0,0023$). Although values of pain measured by VAS and pressure algometry were enhanced, they were not very significant on the importance level 0,05 ($p = 0,1540$, resp. $0,1575$). Proprioception was also enhanced, but not very significantly ($P = 0,4800$).

Conclusion: The results show that there are some expressive changes in tactile acuity in experimental group. Kinesiotape did not significantly affect pain neither proprioception. Kinesiotape might be used as an appropriate treatment complement; however its single application did not reach desired effects.