

Theoretical part of the thesis is a scientific research of latest articles about frozen shoulder syndrome with accent to immunohistochemical level. At the same time, based on scientific literature it aims to clarify and statistically prove multifactorial causes of this syndrome especially in women going through hormonal changes. Psychosocial factors are also taken into account in this study and examined by unique questionnaire that was made expressly for this thesis. The questionnaire originates from internationally accepted clinimetrics such as VAS, SPADI, DASH score and most importantly SF-36. The theoretical research part also consists of “Therapy” chapter which describes latest trending treatment method for this condition.

Experimental part, which consists of few case reports, focuses on a group of female patients who underwent range of motion measurement including functional testing of the affected limb. Next step followed was consecutive twelve minutes exercise on bicycle. They were controlled not to cross over anaerobic threshold. Level of exercise was controlled by predicted heart rate and estimation of the threshold by basic calculation and also by subjective Borg's scale of effort determined by the patient. After the bicycle exercise the range of motion was measured again and compared to the original values. Patients were also asked about their subjective feelings such as pain or release of the joint.