

BACHELOR THESIS ABSTRACT

Author: Jan Imramovský

Supervisor: Mgr. Jakub Jeníček, Ph.D.

Title: Physiotherapy in patients with medial epicondylitis of sports-related etiology. With a focus on baseball players

Abstract:

The bachelor thesis is of a theoretical-practical type. The thesis deals with problematics of medial epicondylitis in baseball players. Medial epicondylitis is a widely known condition. However, baseball players are atypical population with atypical needs in terms of specific approach in prevention, treatment and returning to sport.

The theoretical part of the bachelor thesis provides in three parts a comprehensive insight into studied area. The first part describes relevant anatomy, histology and kinesiology of the elbow. The second part contains an introduction into baseball as a game and in particular its most specific motion, the pitching motion. Part three discusses the epidemiology, etiopathogenesis, clinical picture, diagnostics and both conservative and radical approach to treatment of medial epicondylitis.

The practical part of the thesis has two objectives. The main goal was to develop an intervention manual for the physiotherapy treatment of medial epicondylitis in baseball players. This manual offers a guidance for a complex physiotherapeutical treatment of this condition and a return to baseball while minimizing the chances of relapse. The practical application of the manual was tested in treatment of one patient, which was successful. The secondary goal was to briefly analyze prevalence and the approach to treatment of medial elbow pain in extraligamentary baseball players based in Prague. This was achieved by a questionnaire survey. The survey results showed high prevalence of medial elbow pain and low success rate of treatment of this condition among the baseball players by various experts.

Key words: physiotherapy, medial epicondylitis/golfer's elbow, medial elbow pain, baseball, intervention manual