

BACHELOR THESIS ABSTRACT

Author: Vojtěch Vašina

Supervisor: Bc. Monika Tichá

Title: Physiotherapy for a patient with frozen shoulder syndrome

Abstract:

The bachelor thesis deals with the issue of frozen shoulder syndrome, which is becoming an increasingly common cause of shoulder joint disability. The bachelor thesis is divided into theoretical and practical parts.

The aim of the thesis is to develop a therapeutic plan for patients with frozen shoulder syndrome, based on the results of the searched studies and its use on patients.

The theoretical part briefly describes the anatomy and kinesiology of the shoulder complex. Furthermore, the syndrome itself, its definition, history, etiopathogenesis, clinical picture, differential diagnosis and treatment are thoroughly described.

The practical part includes case reports of 2 probands diagnosed with frozen shoulder syndrome. The case reports include the initial and final complex kinesiological analysis and a description of the therapies that were chosen on the basis of the results obtained in the theoretical part. The kinesiological analysis focused mainly on the range of active and passive range of motion in the shoulder joint and the characteristics of pain in this area. Both probands completed 8 therapeutic units of 60 minutes duration with a frequency of 1-2 times per week. The results were evaluated by comparing the input and output kinesiological analysis. Both probands showed an improvement in shoulder joint mobility and a reduction in pain in this area.

The conclusion of the study is that physiotherapy leads to improvement of the shoulder joint, but a return to the state before the onset of the initial symptoms is never guaranteed. At the same time, quick healing of the affected shoulder joint cannot be counted on, but rather a long-term treatment based initially on non-operative treatment. In case of no progress, surgical treatment is indicated.

Keywords: adhesive capsulitis, frozen shoulder, physiotherapy