

Abstract

Swimming is considered one of the most suitable physical activities. Almost all muscle groups are involved in this sport. The aquatic environment in which this sport is performed eliminates the static load that is present in other sports. This is one of the many reasons why this sport is considered an ideal physical activity for people of all age groups. Shoulder injuries and pain are the most common problems swimmers experience. This occurs because of the nature of the movement that is performed during swimming. It involves repetitive movement of the upper limbs, the great effort required to overcome the resistance of the water and the attempt to generate as much speed as possible. These, and many more, are the reasons why the highest number of injuries occur at this location. Most of the force that is generated to move forward is provided by the upper limbs. The purpose of this bachelor thesis is to compare shoulder examination using clinical tests, which are available to all examiners, with ultrasound examination. Six subjects were examined, 3 males and 3 females. All probands are currently involved in competitive swimming or have been involved in the past and are currently practicing the sport at least 4 times a week. The probands involved in this work reported one shoulder with present pain and one asymptomatic. The practical part of the thesis consists of a set of case reports of the probands and comparison of the results of clinical and ultrasound examination. The examination was conducted once, where first a clinical examination was performed using 16 tests, focusing on the shoulder, followed by an ultrasound examination of this area. The results of the measurements showed that not all the positive results that were detected using clinical tests were then confirmed by the ultrasound examination and, conversely, that some pathologies detected by the ultrasound examination were not detected using clinical testing. Overall, 35 positive results were recorded by clinical testing, 19 of these were confirmed by ultrasound examination and the remaining 16 results were not confirmed.