

Abstract

Title

The most often problems in shoulder girdle of women basketball players and options of physiotherapeutic affect.

Objectives

The main goal of the thesis is in theoretical part to summarize potential problems in shoulder girdle of basketball players, options and solutions of these problems. There is complex examination of shoulder girdle of dominant upper limb of women basketball players in an experimental part and figure out where is the main problem in this part.

Methods

There are two parts of the thesis, the first one is the theoretical background for second experimental part where complex functional physiotherapeutic examination of shoulder girdle with using of aspection, palpation and special tests for shoulder girdle were made. The most often problems in shoulder girdle of women basketball player has been determined by using the results of testing process.

Results

Testing of shoulder girdle of women basketball players showed how often blockage of ribs is. Blockage of fifth rib was present in 90% of the probands, frequent was also decentred position of shoulder and shoulder blade, hypertone of upper fixators of shoulder blade and pectoral muscles. Most of probands had restriction of passive motion to segment in thoracic spine and hypermobility of shoulder. Often was present weakness of lower fixators of shoulder blade and m. serratus anterior.

Keywords

shoulder girdle, functional disorder, structural disorder, instability, women basketball player, rotator cuff, blockage of ribs