

A muscular co-operation change was observed at exercising intent on improvement of a scapula dynamic stability. In the study there were ten individuals participating in a specific resistance exercise for a period of seven to nine weeks. The cooperation of scapular muscles was evaluated in stand - by (tilt test) and investigation the stereotype of arm abduction, visually and by the help of a surface polyelectromyography. A distinct improvement of a scapula dynamic stability occurred at three observed objects.