Abstract:

This bachelor thesis is focused on consequences caused by the inappropriate transfer of a paraplegic from the viewpoint of occupational therapy. The work is focused on the pain of the shoulder girdle, mainly due to overloading during repeated everyday transfers of paraplegics.

The theoretical part summarises the findings of the SCI and the spinal cord program. It also provides a description of the strategies of some transfers, together with their evaluation and inappropriate implementation. The theoretical part is widely devoted to the assessment of painful upper limbs and the consequences of an inappropriate transfer such as pain, impingement syndrome or a lost of self-sufficiency.

The practical part is based on quantitative research and works with the research question: "What are the main factors influencing the pain in the shoulder of some paraplegics?". The aim of this study is to find whether transfers are one of the major causes of the pain in the shoulder. The other aim is to translate the assessment toll for the painful shoulder and to use it in achieving the first aim. The document required for this is called "The Wheelchair User's Shoulder Pain Index" and has not yet been translated into the Czech language. In order to avoid misunderstanding or the loss of any relevant cultural and linguistic meaning, a back-translation method was used. The collected data from WUSPI was evaluated by quantitative analysis and displayed using clear tables and graphs.

The result is translated WUSPI (=Wheelchair User's Shoulder Pain Index). The results of the research shows that transfers are the most common aktivity that causes pain of the shoulder joint. WUSPI is therefore suitable for use in conventional Occupational therapy.

Key words:

paraplegia, SCI= spinal cord injury, transfer strategy, pain, occupational therapy, WUSPI