

Abstrakt

Název: The utilization of the Feldenkrais method in shoulder rehabilitation

Objectives: This thesis aims to investigate whether exercise with elements of the Feldenkrais method can positively influence the movement function in the cervicobrachial girdle area. Specifically, the extent of movement of the shoulder joint and cervical spine, movement pattern of shoulder abduction, overall posture and subjective body perception were tested.

Method: It is qualitative-quantitative research in the form of quasi-experiment. Five probands, four women and one man, aged 26–68 years, underwent this research. The intervention consisted of six thirty-minute lessons that were conducted twice a week and focused on the shoulder and neck area. The data were obtained by pre-test and post-test, which included: evaluation of body posture by aspect, range of motion of the shoulder joint and cervical spine (goniometry) and movement stereotypes. The subjective feelings of the proband were obtained by using a survey.

Results: All probands improved the mobility of the shoulder joint and cervical spine. In the shoulder joint, the movement improved on average: to flexion by 12°, to extension by 8°, to abduction by 15°, to external rotation by 18°, to internal rotation and horizontal adduction by 7° and to horizontal abduction by 2°. Improvement of body posture was seen in two out of five probands. Movement stereotype was positively influenced in two cases. The change in subjective feelings in the shoulders and neck area was noticeable in all probands. Three probands agreed that their body perception had improved. The results of the research show that health exercise lessons with elements of the Feldenkrais method can have a positive effect on the range of motion in the shoulder joint and cervical spine.

Keywords: Awareness through Movement, shoulder, Moshé Feldenkrais