

Summary

Influence of Trigger Point in Acromial Part of Deltoid Muscle on Lateral Humeral Epicondylgia

Objective:

The theoretical part brings the anatomical and kinesiological description of humeral joint including the muscles of humeral girdle. It also describes the humeral-scapular rhythm and dynamic stabilization of scapula, i.e. the basic kinematical girdles of the upper arm.

The practical part focuses on the occurrence of trigger point (TrP) in the acromial part of the deltoid. Consequently, an examination and evaluation of pain in the area of radial epicondyle was performed both before and after removing TrP by physiotherapy – combined therapy.

Method:

The experiment was carried out within a group of patients. Patients suffering from radial epicondylgia were examined by means of combined therapy on Phyaction device and later TrP was removed from the acromial part of the deltoid. The pain was evaluated on a visual analogue scale. The results thus received were processed and used at the conclusion of the work.

Results:

The presence of TrP in acromial part of the deltoid was confirmed in cases where pain in the area of humeral radial epicondyle had been reported. It was partly confirmed that the intensity of the pain had been significantly lowered in the area of radial epicondyle after removing TrP from the acromial part of the deltoid by means of combined therapy. It was also proved that the lowered intensity of the pain persisted even after 7 days since the last application of the combined therapy. Consequently three applications of combined therapy were proved to be enough to prevent the TrP relapse even after 7 days after the therapeutic application of the combined therapy.

Key words: Lateral epicondylgia, Trigger Point, Deltoid Muscle, Combined Therapy