

Abstract

- Title:** Functional independence measures in wheelchair rugby players
- Objectives:** The aim of the thesis is to investigate the relationship between the sports activity of wheelchair rugby players and the degree of functional independence in daily activities in people with spinal cord injury.
- Methods:** 20 male wheelchair rugby players aged between 20 and 51 years, in the range of spinal cord injury level C5 – Th8, were selected for the empirical mixed research using the purposive sampling method. The methods of data collection include an interview and a self-constructed questionnaire that elicits anamnestic data, subjective assessment of self-sufficiency and player's experiences with health complications associated with wheelchair rugby. Furthermore, an evaluation of the SCIM III functional degree of independence was carried out, the results of which were compared with the results of two previous studies (EMSCI and assumptions of Occupational Therapists from the Czech Republic).
- Results:** The results confirm a positive relationship between the player's functional independence and the sports activity of wheelchair rugby players. Respondents at levels of complete spinal cord injury C6 and C7-8 with the SCIM III assessment demonstrated a higher functional independence rate compared to the overall average of the population of wheelchair users with complete spinal cord injury. SCIM III total scores were on average 61.8% higher than data from previous studies for wheelchair rugby players with C6 spinal cord lesions and 28.1% on average for C7-8 spinal cord lesions. The results thus confirm the player's subjective opinion of their higher self-sufficiency in ADL. 11 out of 20 respondents encountered health complications during training and matches, 5 of them reported complications of a more serious nature, which can subsequently affect self-sufficiency in normal daily activities.
- Keywords:** spinal cord injury, independence, activities of daily living, wheelchair rugby