

Abstract

The main subject of this bachelor's thesis is the use of the Kocher method for diagnoses of adhesive capsulitis. This thesis highlights Kocher's method as a mean to gain better stabilization of the shoulder joint, improve range of motion of the arm on the affected shoulder and also work as a pain management technique.

The theory part writes about characteristics of adhesive capsulitis, biomechanics of the shoulder joint, exams and special tests focused on shoulder joint.

The practical part contains five case study of patients with diagnoses of adhesive capsulitis. All those patients underwent series of outpatient physical therapy care using standart methods. We took three patients who were part of case study mentioned above and used additionally Kocher's method. We wanted to find out if using this method can improve general condition of the patient. Moreover, we focused on improvement of range of motion of the shoulder joint and pain reduction.

At the end of practical part we compared data from exams from both groups. Patients using standart methods of physical therapy and patients treated additionally by Kocher's method.

Key words: Kocher's method, adhesive capsulitis, physical therapy