

Abstract

Title:

Influence of handball on the shoulder girdle state.

Goal of the project:

Examine and evaluate of functional condition of shoulder joints of young handball players on various player positions between input and output investigation. Suggestion of strengthening and stretching exercises for the area of shoulder girdle and finding if the exercises has some influence on the shoulder point as well as on the player performance.

Method:

We made comparison of input and output test results by the method of “kvasiexperimental” qualitative study. A modified questionnaire was given to each player before input investigation. Based on the questionnaire we learned deviations from the function, eventually the pain in the area of shoulder joint. After input investigation strengthening and stretching exercises of the shoulder girdle for 13 handball players on the various player positions in the youth team of Dukla Prague were suggested.

Results:

Results of the investigation of shoulder girdles in the group of handball players did not prove large number of subjective symptoms in the sense of pain and limitation. During clinical examination we also did not learn on any player results pointing the suspicion on expressive structural disorder of the monitored area. However the number of functional changes was higher.

Compensation exercise seems to be good component for prevention and compensation but regarding total length of the period and regarding regularity of the tested players exercising the functional state of shoulder girdle was not significantly influenced.

Key words:

Shoulder girdle, handball, functional changes, compensative exercise, movement equipment