

**Abstract:**

**Title:** Adhesive inflammation of capsule of right shoulder joint.

**Aim of thesis:**

In this case study of a patient with adhesive inflammation of capsule of right shoulder joint I will discuss the anatomy, kinesiology and biomechanics of the shoulder complex. I will discuss both the clinical picture of adhesive capsulitis and impingement syndrome. Then I will discuss the types of rehabilitation that will be beneficial for the patient, as well as the epidemiology and etiology of shoulder pain.

In the second part of the thesis I will discuss the examinations, rehabilitation plans and therapy progress of the patient. Conclusion and evaluation of the therapy will be included to give a picture of the success of the therapy.

**Clinical findings:**

Important findings in the initial kinesiological examination were pain in resistance against internal rotation and against flexion of semiflexed elbow. I also found pain in the Apprehension test, Hawkins test and during Neers impingement test. Other findings were weakness and shortness of essential muscles. After obtaining the anamnesis and the full initial kinesiological examination I concluded that the patient had a multidirectional instability of his right shoulder joint, leading to an internal glenoid impingement syndrome.

**Methods:**

In the therapy sessions with the patient I focused on relaxing the hypertonic muscles by means of post isometric relaxation, mobilization of restricted joints by manual methods, strengthening of weakened muscles and stretching of shortened muscles, as well as stabilization of the shoulder joint.

**Result:**

The patient had a decrease in the pain level of his shoulder. He had a significant improvement of strength in weakened muscles, as well as improvement of length of shortened muscles.

**Conclusion:**

The patient was very motivated and not difficult to work with. He performed his self-therapy in a satisfying manner and made good progress in important aspects. He had a satisfactory increase of range of motion, increase of muscle strength and muscle length.

**Key words:**

Shoulder joint, shoulder pain, throwing athlete, adhesive capsulitis, impingement syndrome, joint instability, physiotherapy