

ABSTRACT

TITLE: Monitoring the activation of selected muscle groups of clients with spinal cord injury.

OBJECTIVE: The aim of this study is to monitor the activation of musculus deltoideus anterior, musculus deltoideus posterior, musculus triceps brachii and musculus upper trapezius during double poling.

METHOD: Nine volunteers with spinal cord injury aged 31-60 participated in the study. The monitoring of four muscle groups was divided in three phases. The surface electromyography was used throughout the monitoring. First of all the participants double-poled for one minute at moderate intensity according to the Borg scale. Each participant underwent a 10-minute intervention to correct the posture. In the last phase the volunteers exercised for one minute at moderate intensity.

RESULTS: The monitoring of selected muscles underpinned my knowledge, but unfortunately presented data are not statistically significant.

KEY WORDS: spinal cord clients, surface electromyography, double-poling ergometry.