

ABSTRACT:

This following thesis is focused on painful shoulder syndrome and possible treatments through occupational therapy. It serves as a summary of possible occupational therapy interventions for patients with painful shoulder syndrome.

The main aim was to create a treatment method that occupational therapist can provide as part of a multidisciplinary team. The theoretical part includes anatomy and insights into kinesiology, causes, symptoms, testing and treatment options for painful shoulder syndrome. The main part of the thesis introduces potential treatment procedures which can be performed through the intervention of occupational therapy and brings a new perspective in terms of rehabilitation of the disease, since it was previously primarily viewed from a physiotherapists perspective, which is essential for the treatment of painful shoulder syndrome.

The practical part contains two case studies performed on adult patients who suffered with painful shoulder syndrome, both show the course of therapy in individual patients. Occupational therapy methods were practiced on patients and are dealt with in the theoretical part of the work. The methods compliment physiotherapist intervention and facilitate the patient's return to normal daily life.

KEY WORDS:

painful shoulder syndrome, shoulder joint, upper limb, occupational therapy, physiotherapy, daily activities