

## **ABSTRACT**

**Author:** Bc. Jan Vocásek

**Thesis title:** Analysis of the shoulder girdle injury and therapy of overhead athletes in Czech republic

**Cíl:** The aim of the thesis was to create a literal research for the shoulder girdle injuries of overhead athletes, theoretically to write the anatomical and kinesiological characteristics of the shoulder girdle, to analyze the biomechanics, injury mechanisms in individual overhead sports, rehabilitation treatment and to find out how frequent the injuries of athletes in the Czech Republic follow-up treatment varies from abroad.

**Methods:** For the purpose of this research was established a non-standardized questionnaire, based on literature studied and research questions, and then was distributed to 6 selected physicians dealing with this issue in the Czech Republic, who anonymously filled out questions regarding the shoulder joint injury based on their own clinical experiences.

**Results:** Four of the six hypotheses were confirmed from the data obtained. The number of patients with shoulder girdle injuries in overhead sports in the Czech Republic has risen year-on-year and the most common injury is SLAP lesion. It has also been confirmed that the most common injury is caused by ball overhead sports and on the dominant upper limb.

**Key words:** shoulder girdle, overhead sports, arthroscopy, biomechanice, injury, overloading in the sport, ball sports, laterality, biomechanics, physical therapy, rehabilitation, operation