

Abstract

Title: Movement disorders of beachvolleyball players.

Objectives: In this bachelor's thesis, the aim is to analyze movement disorders in the area of the shoulder girdle and to confirm the hypotheses about unilateral loading in favor of the dominant limb.

Methods: The chosen method is the functional muscle test for testing muscle strength and for shortened muscles, according to Janda, specifically focused on the shoulder girdle. Based on the chosen method, the results in the given movements of the shoulder joint and scapula were analyzed.

Results: Testing was recorded in tables created in Excel, which contained all movement actions in the shoulder girdle test and the degrees by which the dominant and non-dominant limb were assessed. The final table summarizes all the testing from the previous tables and a comparison of movement between the dominant and non-dominant limb. Based on the final evaluation, a brief proposal of compensatory exercises was created, focused on the analyzed movement disorders and imbalances.

Keywords: Beach volleyball, disorder, imbalance, shoulder girdle, muscle test