

BACHEROL THESIS ABSTRACT

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Oponent:

Title of bachelor thesis:

Activation of deep stabilizing system and its impact on scapula stability and shoulder centralization in patients suffering from shoulder pain syndrome

Abstract:

Bachelor thesis is focused on the impact of activation deep stabilizing system an its impact on scapular stabilization and shoulder centration in patients suffering from shoulder pain syndrome. For purposes of this work three subjects with shoulder pain syndrome of different etiologies were selected. Age of those subjects is between 23 and 78 years. During 3 months time every subject undertook ten therapeutical interventions. Goal of this thesis was to find out if there is a correlation amid shoulder pain, stability of the scapula, shoulder centration and activity of the deep stabilizing system of spine. Dynamic Neuromuscular Stabilization (DNS), Acral coactivation therapy (ACT) and Coordinatively-loading kinesiotherapy (K-Z K)

Anatomy and kinesiology of the shoulder complex, deep stabilizing system of the spine, selected diagnoses and therapeutic methods used during therapy are described in the theoretical part of the thesis.

Three case reports of patients suffering with shoulder pain are included in the practical part of the thesis. Evaluation of outcomes is based on comparison of entry and exit kinesiological examination. One subject was selected to be filmed and photographed for demonstration purposes.

Key words: deep stabilizing system of the spine, dynamic neuromuscular stabilization, scapular stabilization, shoulder centration