

Abstract:

- **Title:** Evaluation of squash forehand and backhand by means of the surface electromyography
- **Purposes:** To evaluate muscles integration into the movement during squash forehand and backhand and on the base of measuring to recommend or not chosen exercises.
- **Methods:** Surface electromyography and simple kinematical analysis
- **Results:** By the measured values, we can recommend the exercise with weight on the wrist as the best sport specific one for both forehand and backhand. The order of muscle integration is almost identical and the degree of participation of all seven measured muscles is most equable to the basic stroke.
- **Key words:** squash, forehand, backhand, specific exercises, surface electromyography, kinematical analysis