

Abstract:

Title: Possibility of using Aqua Therapy for shoulder stabilization

The aim of this thesis was to refer to possibility of using Aqua Therapy in Physiotherapy, especially to possibility of using Aqua Therapy for shoulder girdle stabilization. The thesis is supplemented by pilot study, witch compare activity of scapula stabilizing muscles dutiny movement on land with Thera-Band and in water with different equipment.

Activity of selected muscles was documented and compared using surfaře electromyography.

The results indicate flatter curve of selected muscles activation and their ko-contraction during movement in water condition. The results also refers to no significant differences in muscle activation in water and on dry land. Water exercise demonstrated in this study can by considered to be effective for improvement of scapular stabilization.

Keywords: Aqua Therapy, water exercise, electromyografy, water EMG, scapular stabilization