

# **ABSTRACT**

## **Title**

Impact of compensation exercises on forward shoulder posture in sport climbers

## **Aims**

The aim is to decide whether in climbers regularly performing compensation exercises occurs lower rate of forward shoulder posture than in non-exercising climbers.

## **Methods**

The diploma thesis is a pilot study of quantitative nature with participation of 48 probands. The probands were sports climbers, men and women aged 18-35 with no shoulder pain or disorder. The minimal required climbing level was determined to VII UIAA. The data were gained by caliper measure of two anatomical points; cranial part of sternum and anterior part of acromion, both in natural posture and upright posture. All measurements were one-off with the aim to gather the data that were consequently processed and statistically analyzed.

## **Results**

The results confirmed that compensation exercises have impact on forward shoulder posture. The results did not confirm the same values of protraction on both shoulders.

## **Key words**

forward shoulder posture, exercise, sports climbers, caliper, physiotherapy, shoulder