

عنوان مقاله:

The effect of rehabilitation on the amount of pain, strength, and range of motion of the shoulder joint in athletes with trapped shoulder syndrome

محل انتشار:

دومین کنفرانس بین المللی دانشجویان علوم ورزشی و تربیت بدنی (سال: 1402)

تعداد صفحات اصل مقاله: 12

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خلاصه مقاله:

Introduction : Among all shoulder injuries, shoulder impingement syndrome is more common, there are various methods to control pain and increase range of motion and shoulder strength in shoulder impingement syndrome in the research literature. This study was also conducted with the aim of the rehabilitation effect on the amount of pain and strength and range of motion of the shoulder joint in athletes with shoulder impingement syndrome. Methodology: The current research method was experimental and the research design was pre-test and posttest with a positive control group. For this purpose, ۳۳ athletes with shoulder impingement syndrome wereselected as a sample (sampling was available) and randomly assigned to two groups for rehabilitation sessions (۱۵ people in each group); rehabilitation group for six weeks every week Two sessions (each session ۱ hour) received rehabilitation exercises. Both groups filled out questionnaires related to pain (spade, vase, cms) before and after the treatment, and the amount of strength and range of motion before and after the treatment protocol of each the subject was taken by the examiner. Findings: The results of this study showed that a course of rehabilitation sessions and a rehabilitation exercise program have a significant positive effect on reducing pain, range of motion, and shoulder muscle strength in athletes with shoulder impingement syndrome in flexion, abduction, external and internal rotation movements. ; In this way, the amount of pain in the rehabilitation sessions was underestimated; And the amount of range of motion in flexion, turning away, external rotation, and internal rotation was less estimated in rehabilitation sessions, and the strength of shoulder muscles in flexion, turning away, internal rotation, and external rotation were less estimated in rehabilitation sessions. Conclusion : In general, the results showed that a rehabilitation exercise program can help improve pain and active range .of motion and shoulder muscle strength in athletes with shoulder impingement syndrome

کلمات کلیدی:

.rehabilitation sessions, pain, strength, range of motion, shoulder impingement syndrome

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