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Anterior shoulder joint instability-phases of physiotherapy treatment

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Anterior shoulder instability is condition which has very high percent among young sportsmen, especially over-head athletes and contact sports. The great mobility of the shoulder joint enables the arm to occupy different positions in space. The price of this mobility is the relative instability of the joint. Due to its anatomy and biomechanics, shoulder is most often becomes instability joint -about 50% of all dislocations. The most frequent and recurrent is the anterior luxation, which affects the function of the joint-pain and instability. Our survey shows that when patients started physical therapy during the immobilization period the pain decreases and the amount of motion in the shoulder joint is increasing faster than patients started exercise after immobilization period. Study included 38 people with anterior luxation of shoulder joint which are divided into two groups-group A-20 people and the control group-18. The study was conducted within 14 months.

Biography

Julieta Simeonova Gerenova has completed her Graduation in physiotherapy in 2008 and PhD in 2015. She is teaching in the Faculty of Public Health at Medical University-Sofia from 2013. She has published more than 10 articles in refereed journals.

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