



Shoulder internal and external range of motion and position sense of sitting volleyball players versus healthy players and non-athletes

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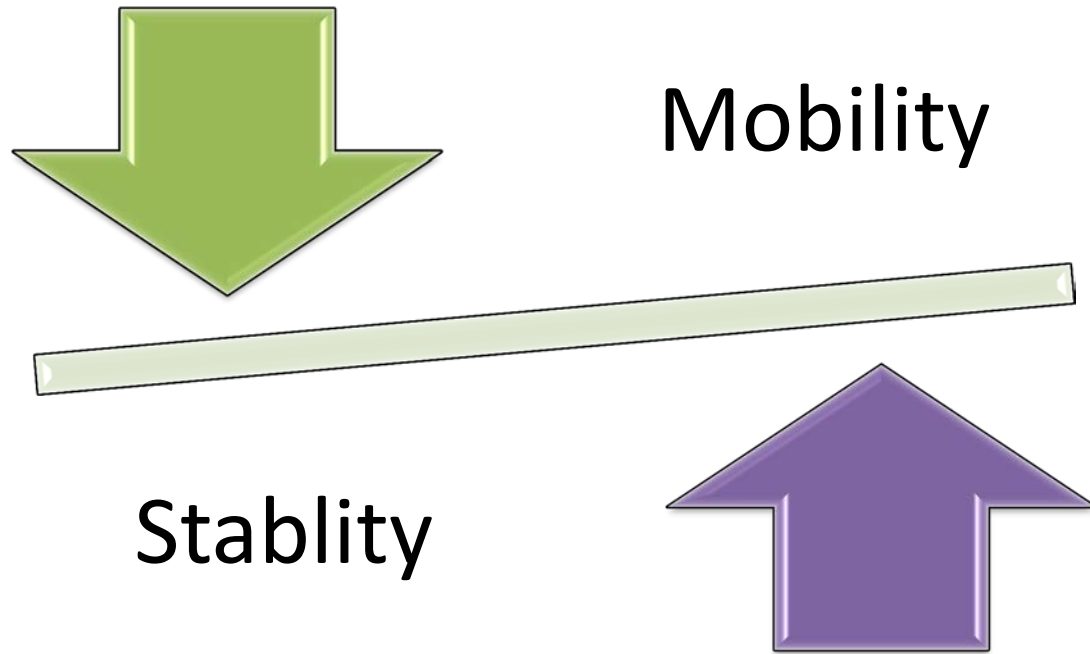


- Sitting volleyball is a beneficial and high demanding activity for the disabled person.
- The nature of locomotion is different from the standing version.



- The shoulder joint is responsible both for the locomotion and the volleyball activities.
- The importance of physical conditioning of the shoulder joints

proprioception



The purpose:

**The comparison of shoulder joint
internal/external rotation range of motion and
proprioception (position sense) in sitting versus
healthy volleyball players and non-athletes.**

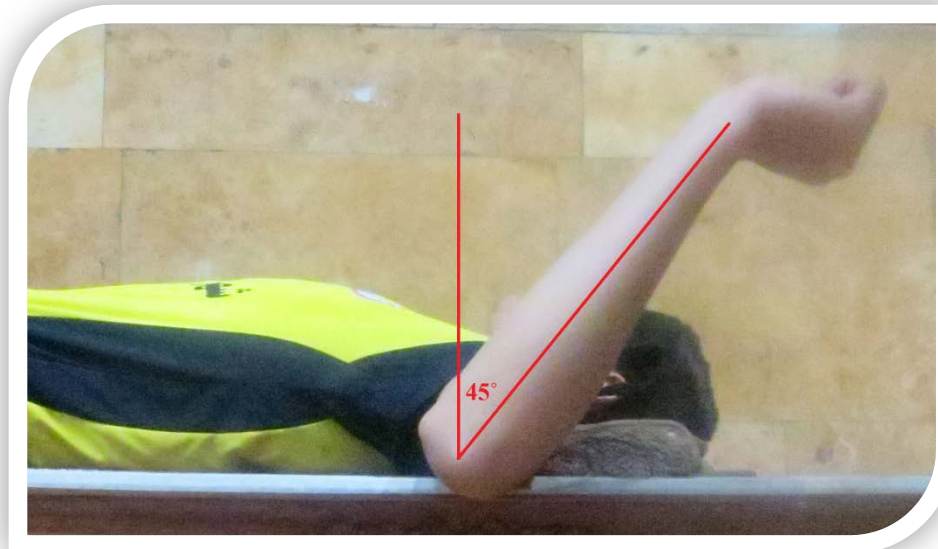
Methods:

54 young male participants

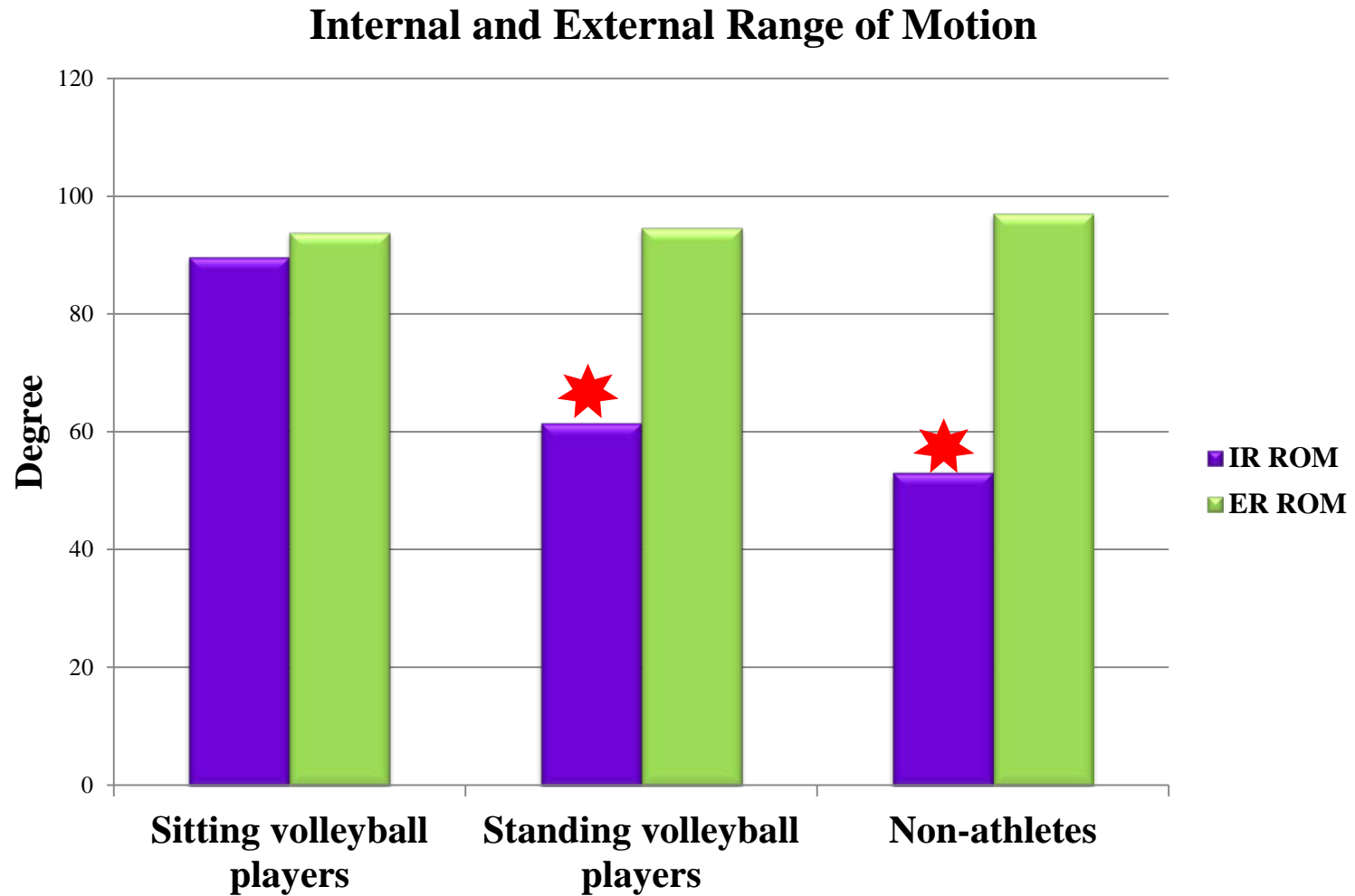
(18 sitting volleyball players, 18 healthy volleyball players and 18 non-athletes)

Proprioception assessments

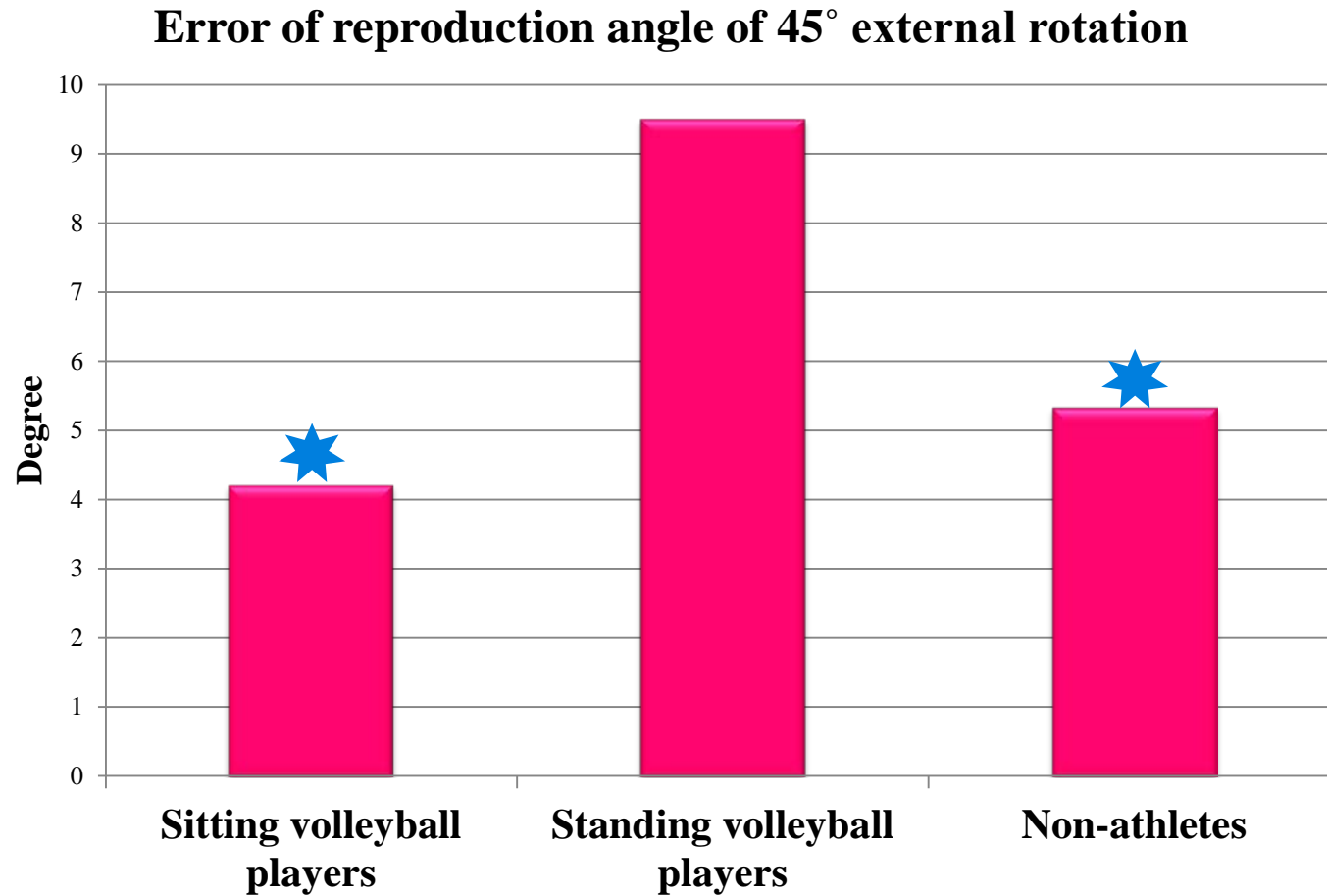
Range of motion assessments



Results (Range of Motion)



Results (Proprioception)



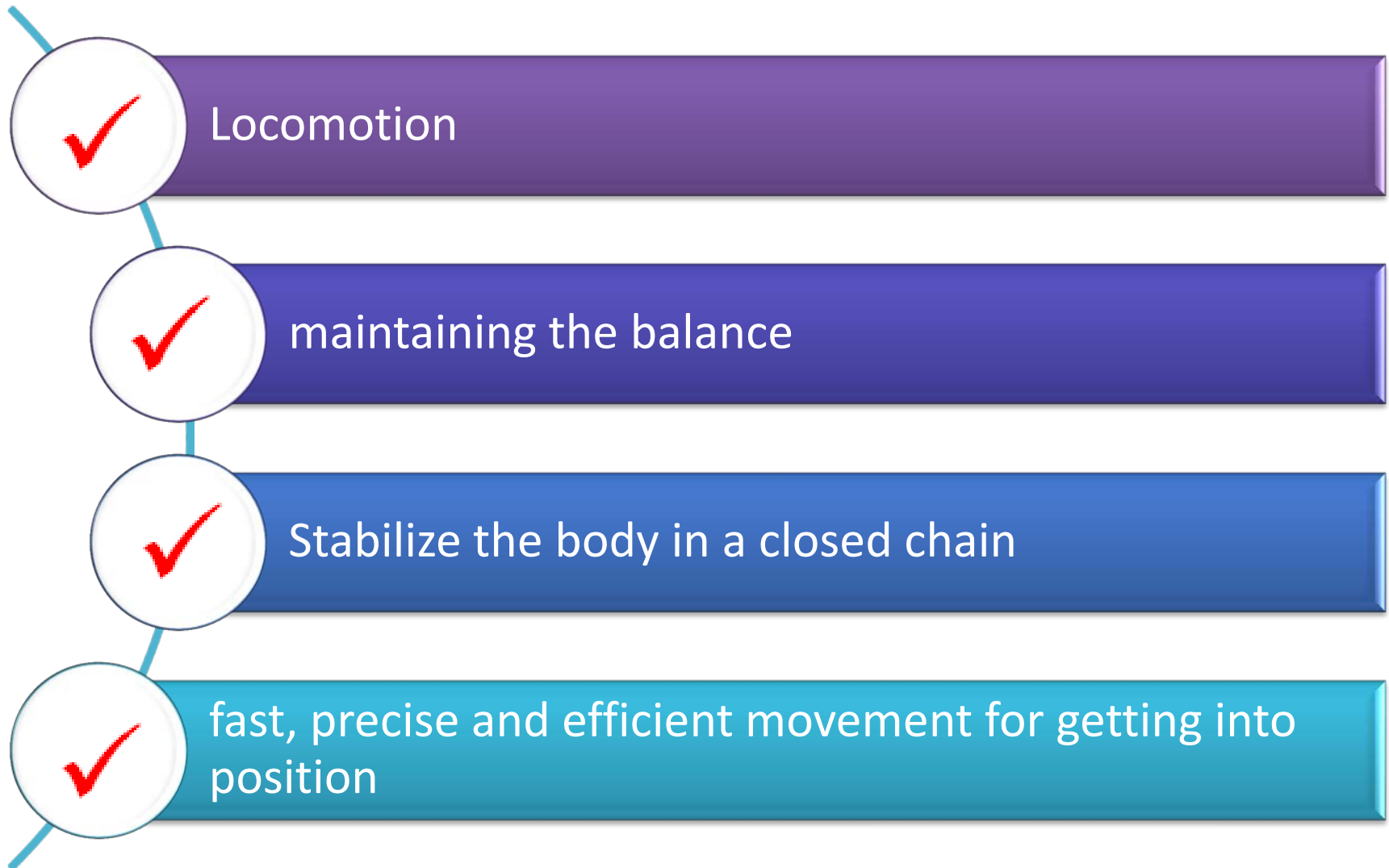
Discussion

Sitting volleyball

more accurate
shoulder position sense

Higher internal rotation
range of motion

Role of the shoulder joint and upper extremity



Conclusion

Playing sitting volleyball could be an effective way to maintain and also to develop shoulder joint position sense, range of motion and muscle balance for people with disability in lower extremity



Thank you for your attention