

Original Paper

Effect of 6 weeks resistance training with elastic-band on proprioception in male athletes with shoulder impingement syndrome

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Abstract

Background and Objective: The shoulder joint is continuously under various pressures. Shoulder impingement syndrome is the most common problem. Stability of the shoulder is due to the interaction between static and dynamic stability which is caused through mediation of sensorimotor system (proprioception). This study was investigated to determine the effect of 6 weeks resistance training with elastic-band on proprioception in male athletes with shoulder impingement syndrome.

Method: In this quasi-experimental study, 30 adult males with shoulder syndrome divided into control and interventional groups. Subjects in interventional group were received resistance exercises with elastic-band for six weeks. The shoulder joint proprioception, perior and at the end of study in 0, 45 and 90 angle were measured using isokinetic, Biodex System 3.

Results: Significant improvement in the shoulder joint proprioception in 0, 45 and 90 angle were observed in interventional group in comparison with controls ($P < 0.05$).

Conclusion: Six weeks of resistance training with elastic-band improved shoulder joint proprioception of males with impingement syndrome.

Keywords: Shoulder impingement syndrome, Proprioception, Resistance training, Elastic-band

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