

The effect of special exercises in the rehabilitation of the shoulder muscle for the youth wrestling category

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Abstract

The importance of research lies in the rehabilitation of the background muscle of the shoulder joint by preparing special exercises for the youth -category wrestling, and through the researchers' follow -up to the wrestling game and their work in the field of rehabilitation and physical therapy, noticing that most of the wrestling players suffer from the shoulder joint pain despite their visit to the specialist doctor and take Treatment, so the researchers saw to study this problem and restore the recovery of the injured through special exercises and a suitable qualification program for the shoulder joint muscles, the goal of research in preparing special exercises and knowing its effect on the rehabilitation of the background muscle of the shoulder for the youth wrestling category. The researchers assumed that there are statistically significant differences between The three tests (post -middle tribal) to rehabilitate the background muscle of the shoulderAt the research sample, the experimental curriculum was used in the design of one group on a sample of the youth wrestling category, and special tests were used to measure the degree of pain and the motor extent of the arm. After applying the qualifying curriculum, the researchers reached a group of conclusions, the most important of which was a positive impact on the disappearance of pain for the shoulder joint in the research sample. The development in the kinetic cities of the shoulder joint was associated with the disappearance of pain and led to a clear improvement in the kinetic term.

Keywords: rehabilitation, shoulder muscle, wrestling.

Research problem:

The shoulder joint injuries are among the most injuries to the athletes as a result of the great burden that the joint is exposed to as a result of the exercise of sports activities, as it occupies the second place in terms of repetition after the knee joint injuries and the youth category are more vulnerable to injuries, as these injuries arise as a result of excessive exercise of sports activities or Practicing an activity that needs to be practiced for a long time for a long time, so physical rehabilitation has become one of the matters that concern the concern of workers in the sports field, as the inappropriate rehabilitation leads to the athlete's injury for the second time, and the athlete can be exposed to surgical intervention to install the joint. The shoulder belt includes four joints, which are the right humerous joint, the Aprooted joint and jointThe ultrasound and the exaggerated sophisticated joint (Al -Azzawi, 1997), and the true braceful joint that separates the hummers and the hole is the right to the shoulder. Which helps him to move up and withdraw forward at the last moment of throwing with a spear, the most important of which is the muscles that are drawn to the shoulder to the front of the smaller chest muscle, the big chest muscle, and the muscles of the shoulder joint to the human side, which is the greatest chest muscle. Dalilla muscle (front fibers) (sane, 1989) and the means and methods of these exercises differed in terms of their time, intensity, repetitions and the quality of tests that measure the extent of the development of healingInjury and according to the type of injuries and the general health condition of the affected individual in terms of relieving pain and activity and the delay in the emergence of fatigue and kinetic extent, so the importance of research lies in the rehabilitation of the back muscle of the shoulder joint by preparing special exercises for the youth -category wrestling, and

through the followers of the researchers of the wrestling game and their work in the field Rehabilitation and physical therapy noticed that most of the wrestling players suffer from pain in the shoulder joint despite their visit to the specialist doctor and taking treatment, so the researchers adopted to study this problem and restore the recovery of the injured through special exercises and a suitable qualification program for the shoulder joint muscles, the goal of research in preparing special exercises and knowledge Its effect on the rehabilitation of the shoulder muscle of the shoulder for the wrestling players category Young people have assumed that there are statistically significant differences between the three tests (the post -Tribal Qubli) to rehabilitate the rear muscular muscle of the shoulder at the research sample. In this regard, many studies were conducted, including a study (Ashraf El -Desouki Shaalan and others) (Shaalan, 2014), which aimed to design a qualifying program using rubber resistance exercises and the burden of the shoulder joint after the dislocation of the first time for athletes. Positive on the development of the movement range of the shoulder joint without feeling the pain resulting from the injury. As for the study (Issam Jamal Hassan) (Hassan, 2016), which The aim to identify the physical qualification program associated with massaging the reflexive points for those with pain, syndrome, compressing the rolling muscles of the shoulder joint. The study concluded that the proposed program has a positive impact on reducing the degree of pain in the shoulder joint for those with pain, syndrome, compressing the rolling muscles of the shoulder joint, as it was found by increasing The rate of improvement in the rates of changing follow -up measurements and remote measurements from tribal measurements in the motor range in favor of tests or dimensional measurements.

Method and procedures:

The experimental approach was used in the design of one experimental group. The experimental approach is a method that follows its researcher's approach to achieving a goal he seeks. (Khalil, 2011). As for the research sample, it was represented by the wrestling players of the youth category, who numbered (6) players who were chosen in a intentional manner who suffer or have injuries in the shoulder joint, as they were diagnosed by a specialist doctor. The researchers used a set of means of collecting information, including the Internet and sources Arabic, testing, measurement, search devices and tools, including the shoulder wheel. Wooden runway to exercise fingers on the wall. A leir medical scale for measuring weight. A measuring length device. Goinometer to measure the motor range of the joint. The translator device, and your alien devices are different

The following research tests and measurements included:

First: Test of the degree of pain for clinical examination, and the degrees of pain were as follows (Nassif, 1980).

1. Pain during rest time (1 - degree).
2. Pain when pressing the injury area (1 - degree).
3. Pain when moving the arm to the top at an angle (45 degrees - 3 degrees).
4. Thus, the total total of pain is (5 degrees).

Second: A test of the kinetic range of the arms and included measuring cities that have a connection with the arm of the arm while performing boxing skills, which are:

- Lear lifting test forward. As action is moved on a horizontal axis (0-180) the muscles involved in this durable muscle movement (the front fiber), and the major thoracic muscle (the patchy part).
- Test of the arm of the arm of the back: It is the opposite of the lifting, as the movement is moved on the same axis and degree (0-45), the muscles shared in this movement, the deltoid muscle (the rear fibers), the big chest muscle (the bronchial part of the cartilage), the appendant broad muscle, the great rounded muscle and the muscle Trucist (long head).

Before starting the main experiment, the researchers made an exploratory experience of the qualifying program on a sample of (2) patients with shoulder injuries and for the period (1/10/2021) until (11/25/2021) to ensure the validity of devices, tools and assistive cadres, knowledge of severity, size and repetition of training.

The researchers conducted the first tribal test on 1/12/2021, the first middle test on 12/15/2021 and the first test after me on 7/1/2022.

The researchers have promised physical exercises for rehabilitation of the working shoulder joint muscles and according to the type of injury, which are the exercises of the rubber ropes and the

withdrawal on the translator and resistors and angle movements according to the nature of the work of the affected muscles and controlling the half -arm of the arm when conducting the exercises, the purpose of these exercises is to try to return the extent of the movement to The normal range, the period of training reached four weeks, and started using exercises without resistance, then using resistance (rubber ropes), then exercises using weights such as (iron dumbbells and iron bar) and it has been usedThe researchers are the parallel and moving mind device, to develop the special muscles, as the transition was made on the parallel and the arms are elongated next to the body so that the movement is with the sibs of the hands, as well as the pivots on the parallel stick in the armpits, the fold and the duration of the humerus ... etc.

Results

Table 1. Measurements for the three tests

Indicators	n	Source of variance	Sum of squares	df	Mean square	F-test	Sig.	Ass.
(V.A.S)	6	Between groups	78.23	2	39.115	15.53	0.000	S
		Within groups	37.789	15	2.519			
Lifting the arm forward	6	Between groups	249.33	2	124.66	8.13	0.000	S
		Within groups	230.688	15	15.33			
Pulling the arm to succeed	6	Between groups	120.32	2	60.16	9.4	0.000	S
		Within groups	95.616	15	6.40			

Ass. = Assessment; NS = Non-significant; S = Significant

Table 2. Significance of differences in the mean scores over time

Tests, measurement units, and difference in measurement		Mean differences	Significance	Assessment	
(V.A.S)	mml	1-2	1.88*	0.000	Sig. in favor of T2
		1-3	2.88*	0.000	Sig. in favor of T3
		2-3	1*	0.000	Sig. in favor of T3
Lifting the arm forward	mml	1-2	-47.81*	0.000	Sig. in favor of T2
		1-3	-80.94*	0.000	Sig. in favor of T3
		2-3	-33.13*	0.000	Sig. in favor of T3
Pulling the arm to succeed	mml	1-2	-12.19*	0.000	Sig. in favor of T2
		1-3	-27.19*	0.000	Sig. in favor of T3
		2-3	-15*	0.000	Sig. in favor of T3

Significant at $p < 0.05$; N = 6

The values of the least moral difference (L.s.D), respectively, indicate the significance of the differences in favor of the post -test, then the middle test and then the tribal test and at the level of less than (0.05) and the researchers attribute this improvement that the development in the results of the research variables and preferred for the dimension is caused by the nature Rehabilitation exercises, which had a positive effect on increasing blood to the working muscles, improving the work of the working muscles and the production of strength after rehabilitation, as it is known that many joints of the body do not allow the individual except with a certain amount of flexibility and in proportion to their anatomical composition, through the ligaments that It connects the joints. (Hanna, 2000).It is noted that there is an improvement in the motor field of the joint, as the qualifying exercises had an effective effect on the disappearance of pain and thus increasing the flexibility of the joint as a result of the exercise of qualifying exercises and the application of the curriculum in the correct way, as through regular training it is possible to improve the cartilage tissue (Mahjoub, 1989), and this, It gives the impression that the main improvement in the motor field was according to the performance of the skill, which comes from the similarities of the biology mechanical by performing the movements, and this is due to the effect of qualifying exercises that have a clear impact, as these exercises are in harmony with (the susceptibility of tissues, muscles and ligaments on the correct expansion with the ability of the joints to perform the movement Full control of the body) (Central, 1984).It is preferable for this, these exercises, which were associated with the existence of different resistance, according to the level of infection, have helped to develop the working muscles and increase the maximum strength in the

muscle groups due to the increase in continuous resistance and the increase in the number of repetitions performed by the research sample, as (increasing muscle strength is one of the important elements Which affects endurance and increased strength will result in an increase in muscle endurance, and muscular tolerance depends mainly on the strength of the muscles and the integrity of cooperation between them and the nervous system) (PRENTICE, 1986). under consideration.

Conclusions and Implications

After presenting the results, the researchers reached a group of conclusions, the most important of which are:

1. The exercises have a positive impact on the disappearance of pain for the shoulder joint injured for the search sample.
2. The development of the kinetic cities of the shoulder joint was associated with the disappearance of pain and led to the apparent improvement in the kinetic term.
3. The prepared curriculum has contributed directly to reducing the rehabilitation period for the injured and ensuring that their return to their sporting lives.

In light of the conclusions, the researchers recommend the following:

1. Emphasizing the use of physical therapy before starting therapeutic exercises and the rehabilitation approach to the wrestling game.
2. The necessity of codifying the intensity, size and comfort when using rehabilitation exercises in accordance with determination to the injured of various games.
3. Emphasizing the inter -rest periods for the purpose of preventing the occurrence of infection.

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