



Rehabilitationstraining. Trainingsplan zum Thema Schulterluxation (German Edition)

Anna Bayer

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Studienarbeit aus dem Jahr 2012 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 0,5,
Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: Eine
Erkenntnis der Deutschen Gesellschaft für Rehabilitationswissenschaften (DGRW) sagt aus, dass „[r]und ein
Drittel aller Rehabilitationsverfahren [...] den muskuloskelettalen Bereich [betrifft]. Hier vollzieht sich ein
Wandel von [...] eher passiven Behandlungsverfahren zu aktivitäts- und verhaltensorientierten Konzepten“
(MAINTEUFFEL, 2012 aus Dt. Ärzteblatt Ausgabe 109, S.19).

Im folgenden Diagnosebild werden die Hauptgelenke, v.a. das Schultergelenk näher betrachtet. Als eines der
flexibelsten Gelenke lässt es Bewegungen in allen Richtungen zu. Seine Stabilität erhält das Kugelgelenk
vorwiegend über die gelenkumgebende Muskulatur, was gleichzeitig eine erhöhte Anfälligkeit für Störungen
und Verletzungen mit sich bringt (vgl. BINGLER, 2012 aus Orthopress Ausgabe 1/2012). Allgemein treten
Verletzungen nicht so häufig aufgrund verschleißbedingter Erkrankungen am Gelenkknorpel auf, wie es z.
B. im Knie oder in der Hüfte vorkommt. Nachfolgend wird für ein Beschwerdebild der Schulter ein
rehabilitatives Training konzipiert. Die betroffene Person ist ein 23-jähriger Automobilverkäufer. Bei einer
Körpergröße von 1,83 m wiegt Herr B. 85 kg.

Was die Belastungsgrößen angeht, verfügt er über Zeit und Motivation 2x pro Woche für ca. 1 ½ Std.
trainieren zu können.

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