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Phases of the physiotherapeutic program in front luxury on remain stay

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Anterior shoulder instability is a condition which is 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 instable 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 and divided into two groups group A consists of 20 people and the control group of 18. The study was conducted within 14 months.

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