

Assessment of shoulder stabilization and joint position sense between highly trained injured and uninjured Judo Athletes

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Context: shoulder Joint position sense (SJPS) plays a critical role in the stability of the shoulder joint (SJPS) is sometimes the consequence of a shoulder injury which can impair the ability to maintain dynamic joint stability of judokas during intense efforts (Rondorie and shiai).

Objective: To assess if joint position sense (JPS) in the shoulder differed between un-injured highly trained judo athletes, and previously injured rehabilitated highly trained judo athletes.

Design: Cohort study.

Participants: 22 uninjured subjects (18.06 ± 3.45 years) and 09 injured subjects (19.09 ± 2.39 years). Main outcome measures: SJPS was tested at 45° and 70° of external rotation of the shoulder at 90° of the abduction.

Results: a significant difference in SJPS was found between recently injured and non-injured judokas in one or the other common position.

Conclusion: Despite the evidence that SJPS acuity decreases after a shoulder injury, this study demonstrated an average difference in error between previously injured and uninjured judokas. Uncontrolled confounding factors, such as age and time since injury, may have affected the results. Sport specific shoulder joint load patterns can also be an important factor affecting SJPS.