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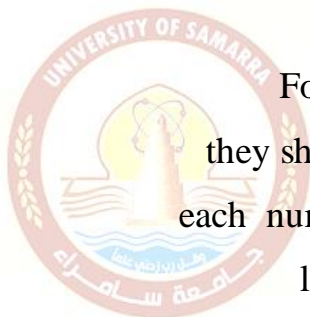
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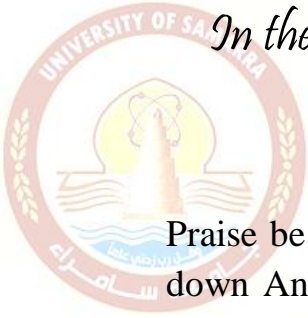
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In the name of Allah the Most Merciful and Compassionate

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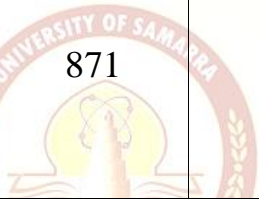


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Vital kinetic variables and their impact on increasing the range of motion for shoulder joint patients

.....

Assistant teacher
Alaa Abdullah Mohsen





Abstract

The research aims to establish a rehabilitation curriculum using different rehabilitation methods according to some kinetic and physical variables, and to identify the effect of the approach in treating the movement of the shoulder joint. The researcher reached a set of conclusions, including the improvement of muscle strength working on the shoulder joint, and the researcher recommends adopting the proposed rehabilitation approach according to some biomechanical and physical variables in health centers and the Center for Physiotherapy and Sports Medicine. Biokinematic variables, and these tests are:

1. Physical Tests.
2. Selected biomimetic variables and their measurement method.

A rehabilitative curriculum has been prepared with the aim of strengthening the muscle group working on the shoulder joint, achieving balance between them and extending the ligaments connected to the joint, which leads to an increase in the range of motion. The curriculum consists of six weeks of (18) rehabilitation units and is applied in (3) units per week (Sunday - Tuesday, Thursday), and the time of the qualifying unit ranges between (40-50) minutes, including (10) minutes for warming up and preparing for the performance of the qualifying unit to identify the extent of improvement in the values of important and influential physical variables after applying the qualifying approach, we find that the differences of the arithmetic circles were all significant, and we will The researcher explains the reasons for these differences as follows:

- Measuring the range of motion of the shoulder joint when testing (flexion).
- Measurement of the range of motion of the shoulder joint when testing (dimension).
- Measuring range of motion when testing (tide)

المتغيرات الحركية الحيوية وأثرها في زيادة مدى الحركة

للاعبين المصابين في مفصل الكتف

م.م. علاء عبد الله محسن

ملخص البحث:

يهدف البحث إلى تأسيس منهج تأهيلي باستعمال طرق إعادة التأهيل المختلفة وفق بعض المتغيرات الحركية والجسدية، والتعرف على أثر المنهج في معالجة حركة مفصل الكتف، واحتوت عينة البحث ستة لاعبين تم اختيارهم من المنتخبات الوطنية لألعاب (كرة اليد، الساحة والميدان، والجمناستيك الفني)، وتوصل الباحث إلى مجموعة استنتاجات منها تحسن القوة العضلات العاملة على مفصل الكتف، ويوصي الباحث باعتماد نهج التأهيل المقترح وفق بعض المتغيرات الميكانيكية الحيوية والبدنية في المراكز الصحية ومركز العلاج الطبيعي والطب الرياضي، تم اختيار عدة متغيرات واختبارات ذات محاور مختلفة شملت الاختبارات البدنية وقياسات المدى الحركي للمفصل وبعض المتغيرات البيوميكانيكية، ومن هذه الاختبارات وهي:

١- الاختبارات البدنية.

٢- المتغيرات البيوميكانيكية المختارة وطريقة قياسها.

تم إعداد منهاج تأهيلي الهدف منه تقوية مجموعة العضلات العاملة على مفصل الكتف وتحقيق التوازن بينهما وإطالة الأربطة المتصلة بالمفصل مما يؤدي إلى زيادة المدى الحركي، ويتكون المنهج من ستة أسابيع بواقع (٨) وحدة تأهيلية ويطبق في (٣) وحدات بالأسبوع وهي (الأحد - الثلاثاء - الخميس)، وزمن الوحدة التأهيلية يتراوح بين (٤٠ - ٥٠) دقيقة منها (١٠) دقائق للأحماء والتهيؤ لأداء الوحدة التأهيلية للتعرف على مدى التحسن في قيم المتغيرات البدنية المهمة والمؤثرة بعد تطبيق المنهج التأهيلي، نجد أن فروقات الأوساط الحسابية كانت جميعها معنوية، وسوف توضح الباحث أسباب هذه الفروق وكما يلي:

- قياس المدى الحركي لمفصل الكتف عند اختبار (الثني).
- قياس المدى الحركي لمفصل الكتف عند اختبار (الأبعاد).
- قياس المدى الحركي عند اختبار (المد).



Chapter One: Introduction to Research

First: The research problem and its importance:

The skill activities crowned with the highest performance levels are always connected to the integrated kinetic foundations that express physical, anatomical, physiological and mechanical efficiency, in response to the qualities and necessities of sports performance, and otherwise if the athlete suffers from an injury in one of its parts, which leads to a loss of the dynamic relationship between its various parts, It has to lose energy and dynamic momentum, which leads to impeding the flow of movement and its shortcomings, as scientists and specialists in the field of sports rehabilitation and medical treatment were keen to use new methods and exercises to develop the ability of athletes and protect them from sports injuries or treat and rehabilitate them to return to the stadiums in full fitness and the development of sports injuries science with the development Rapid diagnosis and treatment, and it has become one of the basic sciences that keep pace with sports movement, as well as its connection with sports sciences such as sports training, testing science, measurements, biomechanics, psychology and sports medicine, where the latter played an active role in prevention and maintenance for players and methods of treatment and rehabilitation to quickly return to the stadiums.

As the care of healing exercises and various rehabilitation methods has increased, which play a major role in the lives of the injured and strengthen their muscles so that they are qualified to withstand physical work and maintain body balance by removing the state of dysfunction of muscles and joints during training and competition, as well as understanding the mechanism of body movements through performing exercises according to requirements The correct mechanism for skilled performance, as well as the development of muscle strength, joint flexibility and neuromuscular compatibility, to fully restore and develop their abilities, and help the various parts to perform their functions at the highest levels of efficiency.

There is no doubt that the sports injury of the player has different causes, and these reasons vary according to the type of sport, whether individual or group, and vary according to the effectiveness of the sports game, the seriousness of competition or unstudied training, lack of interest in heating, and

lack of integration of training for all groups may be muscular performance joint, and therefore there must be a well-studied and comprehensive scientific qualification, programs and physical exercises to develop muscular abilities, physical fitness and harmonic movements as well as the functional effectiveness of the members, and the body is subject to continuous evaluation to reach the organized programs that meet the purpose and need starting with performance mechanisms and components, the direction and how to invest this principle In the sports field for the purpose of producing the resulting force the greatest value without obstacles in performance, and since the human body works according to the system of levers, and this means that it is closely related to the mechanical aspects related to it, so various injuries may occur in the joints of the body (which is the most common in sports fields because the movement It is the movement of the joints, not the bones in their singular form. ¹, and through the experience of the researcher in the field of rehabilitation training for sports injuries, it was noted that there is a high percentage of Injuries between players, especially in an important joint such as the shoulder joint, and in skills such as (handball throwing, javelin, throwing and manual jumping (gymnastics), where the movement of this joint is essential in the performance of these skills, and when the injury occurs and is neglected, it causes a problem in the movement of the joint and limits From the abilities and skill of the players and affects their regularity in training, competition and public relations. Injury as a result of high effort, which leads to an imbalance between moments of strength and moments of resistance working on this joint, which causes fluctuation and poor performance in training and competition. Through our review of the research problem, we find that there is a fitness document due to the variables Mobility and methods of rehabilitation of sports injuries, and for the importance of the topic and in order to find a solution to this problem, the researcher decided that the development of the legal rehabilitation approach includes the use of different methods of fluid rehabilitation to increase the range of motion of the shoulder joint according to some controlled kinetic and physical variables. The study and its impact on the rehabilitation of those with shoulder joint injuries in handball, arena, artistic gymnastics and returning to the ambiguity of the stadiums.



Second: The importance of the research:

The importance of the research lies in finding a legalized rehabilitation program that contains different rehabilitation methods that are carried out according to some vital and physical indicators, taking into account the correct performance mechanisms and assistance in the rehabilitation of people with shoulder joint injuries in some sports such as the effectiveness of javelin throwing in the arena The field, shooting with a touch of the hand, and the skill of jumping hands in gymnastics.

Third: Research Aims:

1. Preparing a rehabilitation curriculum using different rehabilitation methods, according to some kinematic and physical variables.
2. Identifying the effect of the proposed approach using different rehabilitation methods in increasing the range of motion of the shoulder joint and rehabilitating the injured in the shoulder joint. The research sample was players (handball, arena and field, gymnastics).

Fourth: Research hypotheses:

There are statistically significant differences between the results of the pre and post tests for the research variables and in favor of the post tests.

Fifth: Research areas:

The human field: (6) players with shoulder joint injuries from the national team players in the games (handball, arena and field, artistic gymnastics) advanced category.

- **Time domain:** the period from 1/8/2021 to 17/9/2021.

- **Spatial domain:** Baghdad

Chapter Two: Theoretical Studies

After research and investigation, the researcher found a set of previous studies on the topic of research, which are as follows:

First: A study entitled (The effect of harmonic abilities training on some biomechanical variables and the level of performance of the message reception skill for volleyball players) by researchers (Amira Abdel Hamid Shawqi and Rasha Abdel Qader Ali):

The study states the extent of the importance of biomechanical analysis of performance methods, given that it is an objective means of quantitatively and accurately assessing motor performance, to ensure that the best methods of performance are reached, as well as the discovery of errors and how to address them, as motor performance is the product of a highly complex system of multiple determinants with varying possibilities. The study is about the impact of combinatorial capabilities on some biomechanical indicators and the level of performance of the transmission reception skill in volleyball, in order to identify the special capabilities of the game and the most impact on the motor performance and skill, which contributes to increasing the efficiency of performance.

Second: A study entitled (A comparative study of some biomechanical variables of the lateral throw of stability and movement among football players) for researchers (Laith Ismail Sabry, Muhammad Khalil Muhammad, Abdul Malik Suleiman Muhammad):

This study provides for identifying the values of some biomechanical variables for soccer players during the implementation of the side throw from stability, as well as clarifying the comparison between some biomechanical variables for the side throw of the player and the ball from stability and movement. The College of Physical Education for Football at the University of Mosul in Nineveh Governorate, which numbered (24) players, and (9) of them were chosen intentionally to be the research sample, and the researchers reached the following conclusions:

The distance of the side throw from stability to get a large distance depends on the angle of bending the joints of the body, especially the knee, hip and elbow.



- The distance of the side throw from the movement for a large distance depends on the acceleration of the body gained from the approximate run before the throw.

Third: A study entitled (The most important mechanical variables as an indicator of the development of the straight serve in tennis) by the researcher (Assaad Ali Sfeih):

Which states that there is a clear weakness in the performance of the straight serve, which requires finding appropriate ways to achieve success, but this is not done using biomechanical variables to adjust the performance of this hit in the correct manner. The study aims to know the impact of the proposed approach in developing the straight serve according to some biomechanical variables. The research community was represented by (8) players from the third stage students in the College of Mathematical Sciences, University of Baghdad, and the researcher reached a set of conclusions, including:

- The approach contributed to improving the level of returning the torso to the back when performing the serve.

- The approach contributed to reducing the shoulder angle and thus increasing the range of motion of the striking arm.

- The approach contributed to reducing the elbow angle and thus increasing the range of motion of the striking arm.

Chapter Three: Research methodology and field procedures

First: Research Methodology:

The researcher used the experimental method to design the individual group (equal) to suit the nature of the research, as the concept of rehabilitation and rehabilitation is "the process of renewing health and the ability to work, through various methods, we can obtain the maximum physical, psychological and social possibility of recovery or survival of the disease in a chronic form."², which can be relied upon:

Rehabilitation exercises: The role of healing exercises comes in the rehabilitation and treatment of arthritis, as they work to reorganize the work of some organs or devices in which the type of damage occurs during injury by automatically re-working the internal organs and regulating nervous work so that it is consistent with the functional ability of the body through Regulating hormone secretion and metabolism .³

- Massage: Massage helps in the growth of the body in general, strengthening the locomotor system (skeleton, muscles, joints, improving the condition of the skin, eliminating fatigue).

- Physical devices: the benefits of physical devices⁴

1. Stimulating blood circulation and accelerating the flow of lymphatic fluid.
2. . Improving tissue nutrition.
3. Increase the elasticity of ligaments - and muscle tendons.
4. . Increasing the range of motion of the joint (flexibility).
5. Raising the functional efficiency of the body and the level of efficiency of metabolic processes.

Second: The research sample:

The research sample was deliberately tested from players with shoulder joint injuries and for a semi-acute condition, and they numbered (6) players from the national teams of the game (handball, arena and field, and technical gymnastics).

Third: The devices and tools used in the research

1. A computer
2. Video camera 2 types (national) with a speed of (25 fps)
3. CDs, Issue 6.
4. A medicine ball weighing (1-2) kg.
5. Dynamometer
6. Legal handball number 2 .



7. Legal shaft number 2 .
8. Floor movement rug, number/1.
9. Infrared device.
10. Ultrasound device.
11. DVD display device No. 1
14. Vibrating massager.
15. Cotymeter device.

Fourth: The tests and measurements used in the research:

Several variables and tests with different axes were selected, including physical tests, measurements of the range of motion of the joint and some biokinetic variables, and these tests are:

1- Physical Tests:

a) A test for measuring range of motion (flexion - extension - dimensions) of the arm at the shoulder joint by reading the degrees installed on the cotymeter.

b) A muscle strength test for the muscle group working on the shoulder joint to record the number of kilograms recorded on the dynamometer

2- The selected biokinetic variables and their measurement method: The films were transferred to the calculator to extract the kinematic variables for the three skills in the games (handball - arena and field - artistic gymnastics).

Angle variables (degrees), which are:

1. **Shoulder joint angle:** It is the angle between the hip joint and the shoulder joint and the line connecting the elbow joint to the shoulder joint.

2. **The angle of inclination of the torso:** It is the angle between the line connecting the hip joint to the shoulder joint and the horizontal line passing through the hip joint horizontally and parallel to the ground.

- Variables of angular velocity (degrees / second), which are:

1. Angular velocity of the shoulder joint:

It is the result of dividing the value of the angular movement of the shoulder joint by the time of this transition, as it was extracted by finding the difference between the first shoulder angles at the maximum backward bend and the second at the moment of shooting or throwing, as well as the difference

between the angles of touch and push to the ground in skill The front hands jump, then divide the result by the time of this transition through these stages.

2_ The angular velocity of the trunk inclination:

It is the product of dividing the value of the angular movement of the hip joint by the time of this transition, as it was extracted by finding the difference between the first hip angles at the vertical vertical line and the second at the moment of shooting or throwing, as well as the difference between the two hip angles in the skill of the front hands jump. Then we divide the result by the time of this transition through these stages

Fifth: Tribal tests:

Tribal physical tests and tribal video shooting were conducted for the skill performance of the selected activities. The researcher chose one skill for each of the games (handball, arena and field, gymnastics) to record and analyze some biokinetic variables for the shoulder joint, according to those skills, as follows:

1. Analysis of the skill of shooting from the handball pivot.
2. Analysis of the javelin throwing skill in the arena and the field.
3. Analysis of the skill of the front hand jump in gymnastics.

- The performance of the handball sample of the injured:

in the shoulder joint was filmed on 1/8/2021 in the Karkh Club Hall for Sports Games in Al-Iskan.

- The experiment was filmed for the injured in the shoulder joint of the arena, field and gymnastics sample on 2/8/2021 in the arena, field and gymnastics hall / College of Physical Education / University of Baghdad, using a video camera with a frequency of 25 images / sec, and before that it was confirmed the safety of sites Filming by marking in advance the beginning and end of the movement, and the height of the camera lens focus was (1.5 m) above ground level and the midpoint of the player's movement path was (11.5 m) from the camera. The players were photographed as the video camera was placed on the right side of the player so that the shooting line was perpendicular to the midpoint of the player's movement path.

Sixth: The proposed rehabilitation program:



After reviewing many studies, research and references related to the topic of research and the means of physical therapy and rehabilitation used in the treatment centers, a rehabilitation curriculum was prepared aimed at strengthening the muscle group working on the shoulder joint, achieving balance between them and extending the ligaments related to the joint. Which leads to an increase in the range of motion, and the curriculum consists of six weeks with (18) rehabilitation units and is applied in (3) units per week (Sunday - Tuesday - Thursday), and the time of the qualifying unit ranges between (40-50) minutes, of which (10) minutes To warm up and prepare for the performance of the rehabilitation unit. The qualifying unit includes several methods, according to the order during performance, which are:

1. Using some rehabilitation methods with physical devices, as follows:

A - Using the infrared device (infrared) for a period of (5-10) minutes.

B - Using the magnetic waves device (ultra sauna) for a period of (5-10) minutes.

C - Using the vibrating massage device for a period of (5-10) minutes.

2. Rehabilitative exercises:

The curriculum included exercises to increase the range of the joint and resistance exercises with the presence of repetition and with different stresses and rest periods between exercises for each device. The researchers took into account the principle of gradualness in giving exercises from easy to difficult, as the repetitions start from (5 repetitions) in the first week to reach (15 repetitions). in the sixth week, The rehabilitative exercises also included a set of exercises to strengthen the muscles of the shoulder joint, which included exercises for raising, lowering and rotating the arm. These exercises are given after physical therapy devices (physical therapy).

Seventh: Post-tests: Physical tests and post-skill tests were conducted for the research sample on 16-17/9/2021 and under the same conditions as the tribal tests.

Eighth: Statistical methods: (arithmetic mean, standard deviation, Test for symmetric samples) were used.

The fourth chapter:

the results, their analysis and discussion

First: Presentation, analysis and discussion of physical variables: To identify the extent of improvement in the values of important and influential physical variables after applying the qualifying approach, we find through exercises that the differences in arithmetic circles were all significant, and the researcher will explain the reasons for these differences as follows:

- **Measuring the range of motion of the shoulder joint in the (flexion) test:** we find that the pre-test for the variable range of motion (flexion), is (110.6), with a deviation of (23.32), and for the post-test (144.20) with a deviation (19.77), and the calculated T value is (3.34), which is It is greater than its value (2.57), and this means that the significant difference for this test between the pre and post tests to the used rehabilitation program, which includes several different rehabilitation methods, led to an increase in the ability of the number of muscles and ligaments and the ability of joints to move (joint flexibility) in all directions.

- **Measuring the motor range of the shoulder joint when testing (dimensions):** the arithmetic mean of the pre-test of the dimensions test was (99.38), with a deviation of (27.12), while the arithmetic mean of the post-test was (136.) and with a deviation (22.44), and the calculated (t) reached (7.83), which is greater than The amount of (2.57) and this means that the difference is significant. The researcher attributes the moral difference to the diverse rehabilitation program that includes counting physical means and with regular repetitions that led to the development of muscular harmony of the muscles surrounding the shoulder joint and thus improving the motor range of the joint. The development of the motor range to test the dimensions is an inevitable result because there is a development In the flexion test, when there is a dynamic similarity in the performance of the two movements leads to the correct stretching of the ligaments and thus to perform the movement and complete control of the body.

- **Measuring the kinetic range at the (tide) test:**

the arithmetic mean of the pre-test for the tide test was (31.36), with a standard deviation of (8.33), and the arithmetic mean for the post-test was (40.45) with a standard deviation (7.63), while the calculated (t) value was (3.04), which is the largest from (2.57) and this means that the difference is significant



and in favor of the post test. The researcher attributes it to the accuracy of the paragraphs of the qualifying curriculum, which contains multiple physical means, and the commitment of the research sample to apply the vocabulary of the curriculum according to the requirements of distributing the training effort during the specified time period, taking into account the ability of the sample in the application of exercises, which Positively reflected in the development of the muscle groups working in the flexion and extension movements on the joints related to these movements.

- Muscular strength test:

the arithmetic mean of the pre-test was (3.95) with a deviation of (1.53), while the arithmetic mean of the post-test reached (7.63) and with a standard deviation (2.14), and the calculated t reached (3.67) which is greater than (2.57) and this means that the difference Moral, and the researcher attributes this moral difference to the various exercises and rehabilitation methods that the sample members applied on biomechanical scientific bases that have proven their effectiveness and impact on the development of muscular strength of the muscles surrounding the joint, and with a path similar to skill and with different intensity and repetitions that continued throughout the duration of the curriculum, which led to an improvement in muscular strength and this is a result About increasing the ability of the muscles to contract at a faster rate when performing successive movements, and this is consistent with what was mentioned by (Abdul Aziz Al-Nimr and Narman Al-Khatib) from (Owen) that training in continuous and intense repetition of exercises helps to improve the coordination between the movements of the arms, trunk and legs, and helps to improve Strength is a working muscle group that serves to perform the skill in its proper form.

Second: Presentation, analysis and discussion of the kinematic variables:

We find that the value of (t) calculated for the shoulder angle is (3.077), which is greater than its value (2.57), which means that the difference is significant, while the value of (t) calculated for the angular velocity of the shoulder joint is (2.98), which is greater than (2.57) This means that the difference is significant. The value of (T) calculated for the angle of inclination of the trunk is (3.66), which is greater than (2.57). This means that the difference is

significant, while the angular velocity of the inclination of the trunk is (4.34), which is greater than (2.57). This means that The difference is significant, and the researcher attributes the moral differences of the kinematic variables under discussion to the legalized and varied rehabilitation program, which includes different rehabilitation methods and exercises given according to correct angles of movement, which led to an improvement in the range of motion of the shoulder joint and by increasing the flexibility of the muscles surrounding the joint, where the rehabilitation curriculum helps It helps prevent muscle weakness and atrophy, develops muscle strength, increases flexibility of joints and ligaments, “stimulates muscles and increases their ability to contract, and it regulates blood circulation in the joints and tissues and their surroundings, and through it increases the range of motion of the joints.” (), as it is clear that this approach was appropriate Of Physiological variables enter the muscle across the range of the shoulder joint, which caused the emergence of the large extent of this joint in order to achieve good muscular torque for flexion of the movement.

The researcher also indicates that the positive and effective results of the exercises applied by the sample members improved the muscular work of the main muscles working in the joints of the affected arm, represented by the movement of the shoulder girdle and elbow and then the arm as a whole, which increased the players’ ability to sense movement and improve the angles of the participating body parts to serve The fluidity of the movement of the arm with a fast and elaborate motor performance, as well as the increase of coherence and motor coordination and its importance in transferring the amount of movement from the trunk to the arms through the shoulder joint, and this was confirmed by (Talha Hossam Al-Din) that the main goal in sports that contain the skill of throwing, pushing or kicking It is to achieve a speed in the movement of the limb far from the body by developing the angular velocity between the parts (joints) of the used limb, and the mechanics of the movement of these parts must be taken into consideration when choosing exercises for this type of performance.(), and this is what the researcher sought to achieve by Through the qualifying method, which worked on developing the angles and angular velocities of the affected part of the body in the research sample.

The fourth chapter: The results are analyzed and discussed

First: Presentation, analysis and discussion of physical variables:

To identify the extent of improvement in the values of important and influential physical variables after applying the qualifying approach, we find that the differences in arithmetic means were all significant, and the researcher will explain the reasons for these differences as follows:

- Measuring the range of motion of the shoulder joint during the (flexion) test:

Table (1): shows the arithmetic means, standard deviations, and the calculated and tabulated value (T) for the two tests, before and after the physical variables.

indication	T value		qh	NS-	After		before		measru ng unit	Variables	
	Tabular	calculated			X	y-	x	y			
moral	2.57	3.340	1.408	34.702	19.77	144.20	23.32	110.6	Grade	1. flexion	Shoulder joint range of motion
moral		7.83	3.559	37.006	22.44	136.6	27.12	99.38	Grade	2. Dimensions	
moral		3.04	4.43	8.73	7.63	40.45	8.33	31.39	Grade	3. The tide	
moral		3.67	2.77	3.98	2.14	7.63	1.53	3.95	Grade	4. Muscular power	

The pre-test for the kinetic range variable (flexion), is (110.6), with a deviation of (23,32), and for the post-test (144.20), with a deviation of (19.77), and the calculated value reached (3.34) which is greater than its value (2.57), and this means that the difference is significant for this test. Between the pre and post tests, the rehabilitation program used, which includes a variety of rehabilitation methods, led to an increase in the ability of the number of muscles and ligaments and the mobility of joints (joint flexibility) in all directions.

- Measurement of the range of motion of the shoulder joint when testing (dimensions):

The arithmetic mean of the pre-test for the dimensions test was (99.38) and with a deviation of (27.12), while the arithmetic mean of the post-test was (136.) and with a deviation (22.44), and the calculated (t) reached (7.83) which is greater than the tabular amount of (2.57), which means that the difference is significant. The researcher decided the moral difference to the diverse rehabilitation program that includes counting physical means and with regular repetitions that led to the development of muscular harmony of the muscles surrounding the shoulder joint and thus improving the range of motion of the joint. It leads to the correct stretching of the ligaments and thus the movement and full control of the body .⁵

• **Measuring range of motion when testing (tide):**

The arithmetic mean of the pre-test for the tide test was (31.36) with a standard deviation of (8.33), and the arithmetic mean of the post-test was (40.45) and with a standard deviation of (7.63), while the calculated (t) value was (3.04), which is greater than the tabular (2.57), which means that the difference is significant. And in favor of the post-test. The researcher attributes it to the accuracy of the paragraphs of the qualifying curriculum, which contains multiple physical means, and the commitment of the research sample to apply the vocabulary of the curriculum according to the requirements of distributing training effort during the specified time period, taking into account the ability of the sample to apply exercises, which was positively reflected in the development of working muscle groups. In the flexion and extension movements of the joints related to these movements.

Muscular strength test:

The arithmetic mean of the pre-test was (3.95) with a deviation of (1.53), while the arithmetic mean of the post-test was (7.63) and with a standard deviation (2.14), and the calculated (t) reached (3.67), which is greater than the tabular amount of (2.57). This means that the difference is significant, and the researcher attributes This moral difference to the various exercises and rehabilitation methods that the sample members applied on biomechanical scientific bases have proven their effectiveness and impact on the development of muscular strength of the muscles surrounding the joint, and with a path similar



to skill and with different intensity and repetitions that continued throughout the duration of the curriculum, which led to an improvement in muscular strength and this is the result of an increase in muscle capacity. On the contraction at a faster rate when performing successive movements, and this is consistent with what was mentioned by (Abdul Aziz Al-Nimr and Narman Al-Khatib) according to (Owen) that training in continuous and intense repetition of exercises helps to improve the coordination between the movements of the arms, trunk and legs, and helps to improve the strength of muscle groups working in a manner that serves the proper performance of the skill. ⁶

Second: Presentation, analysis and discussion of the kinematic variables:

Table (2): shows the arithmetic means, standard deviations, and the calculated and tabular (t) value of the pre and post tests for the research sample

connot ation	value t		P H	NS ⁻	After		before		measui ng unit	Variables
	Tabul ar	calcul ated			p-	s-	p	s		
moral	2.57	3.077	9.83	22.01	19.33	177.43	7.49	155.07	Grade	shoulder joint angle
moral		2.98	6.36	45.03	39.099	578.74	83.60	533.41	degre e/sec	Shoulder angular velocity
moral		3.66	5.23	14.21	4.45	87.93	3.59	73.65	Grade	Trunk inclination angle
moral		4.34	6.72	48.33	31.26	315.29	45.43	267.28	degre e/sec	The angular velocity of the trunk inclination

We find that the calculated value of (T) for the shoulder angle is (3.077), which is greater than its tabular value (2.57), which means that the difference is significant, while the value of (T) calculated for the angular velocity of the shoulder joint is (2.98), which is greater than the tabular value (2.57). This means that The difference is significant, and the calculated value of (T) for the angle of inclination of the trunk is (3.66), which is greater than the tabular (2.57), which means that the difference is significant, while the angular velocity of the inclination of the trunk is (4.34), which is greater than the tabular (2.57). This means that the difference is significant, and it is attributed The researcher concluded the moral differences of the kinematic variables under research to the legalized and varied rehabilitation program, which includes different rehabilitation methods and exercises given according to correct angles of movement, which led to an improvement in the range of motion of the shoulder joint and by increasing the flexibility of the muscles surrounding the joint, as the



rehabilitation curriculum helps prevent weakness and atrophy. It develops muscle strength, increases the flexibility of joints and ligaments, "stimulates muscles and increases their ability to contract, and it regulates blood circulation in the joints and tissues and what surrounds them, and through it increases the range of motion of the joints." ⁷, as it is clear that this approach was appropriate to the physiological variables. Enter the muscle through the shoulder joint range, which caused the large extent of this joint to appear in order to achieve good muscular torque for flexing the movement.

The researcher also indicates that the positive and effective results of the exercises applied by the sample members improved the muscular work of the main muscles working in the joints of the affected arm, represented by the movement of the shoulder girdle and elbow and then the arm as a whole, which increased the players' ability to sense movement and improve the angles of the participating body parts to serve. The fluidity of the movement of the arm with a fast and elaborate motor performance, as well as the increase of coherence and motor coordination and its importance in transferring the amount of movement from the trunk to the arms through the shoulder joint, and this was confirmed by (Talha Hossam Al-Din) that the main goal in sports that contain the skill of throwing, pushing or kicking is to achieve a speed in the movement of the limb far from the body by developing the angular velocity between the parts (joints) of the used limb, and the mechanics of the movement of these parts must be taken into consideration when choosing exercises for this type of performance (), and this is what the researcher sought to achieve by. Through the qualifying approach, which worked on developing the angles and angular velocities of the affected part of the body in the research sample.

Chapter Five: Conclusions, Recommendations and Suggestions

First: the conclusions

1- The rehabilitation approach led to an improvement in the results of the dimensional variables, which represent the range of motion of the shoulder joint, as follows: (flexion, extension, dimensions, muscular strength of the muscles working on the shoulder joint).

2- The qualifying approach led to an improvement in the results of the biomechanical variables, which include: (the shoulder joint angle, the angular velocity of the shoulder joint, the trunk inclination angle, the trunk inclination angular velocity).

Second: Recommendations and Suggestions:

The researcher recommends the following:

1. Emphasis on the adoption of the rehabilitation approach according to some biokinetic variables because of its role in restoring the range of motion of the affected joint, as well as in improving the form of performance.

2. Adopting other rehabilitative means in treating and rehabilitating the shoulder joint and other variables, and selecting the rehabilitative curricula exercises in a manner consistent with the level of injury and fitness of the injured.

3. The use of rehabilitative means in the treatment and rehabilitation of other joints of the body with the latest physical therapy devices.

4. Adoption of the proposed rehabilitation curriculum in health centers and physical therapy centers.

5. Spreading health awareness among athletes with a quick review in case of injury to prevent complications and a speedy return to normal.

6. The importance of the correlation between rehabilitative therapeutic exercises and the mechanical foundations and principles for correct performance according to the conditions of motor performance of the exercises.

7. The importance of imaging and analysis to identify and evaluate performance errors and diagnose deviations in the motor paths of the skills selected for treatment.



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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

كلمة العدد

الحمد لله الذي أكرمنا بخير كتاب أنزله، وشرفنا بخير نبي أرسله، والصلاة، والسلام على سيدنا محمد وعلى آله وصحبه أجمعين.
وبعد

تمضي مجلة سر من رأى للعلوم الإنسانية في طريقها الذي اختطته، من حيث المنهجية الرصينة التي اعتمدتها في نشرها للبحوث في مختلف التخصصات الإنسانية، وذلك ما جعلها قبلة كثير من الباحثين، والناشرين الذين يحرصون على إنجاز بحوث تحترم القراء، وعلميتهم فعلى الرغم من اتباعها ضوابط مهنية، وعلمية صارمة إلا أن البحوث الواردة إليها في تزايد كبير، ومستمر، وكادر المجلة يعاهد الأساتذة، وطلبة العلم بالسير على تطوير، ورفع معايير النشر في كل اتجاه.

والله ولي التوفيق والله ولي التوفيق

مجلة سر من رأى

الأستاذ المساعد الدكتور

قيس علاوي خلف السامرائي

مدير التحرير

مجلة للدراسات الانسانية محكمة متخصصة

تصدر عن كلية التربية / جامعة سامراء

الاشتراك في المجلة



تدفع المؤسسات الحكومية والجامعات ومراكز البحث بدل اشتراك قدره (٢٥٠٠٠) دينار داخل القطر للعدد الواحد وتخاطب سكرتارية المجلة على العنوان المدرج في أدناه لغرض الاشتراك أو التبادل.

المراسلات

د. قيس علاوي خلف

مدير تحرير مجلة سر من رأى

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الأسس الطباعية للبحث



- ❖ يطبع البحث على الآلة الحاسبة، وعلى ورق حجم (A4) وبوجه واحد.
- ❖ لا يتجاوز عدد صفحاته (٢٠) صفحة بما فيها: البيانات، والخرائط، والمصورات، وإذا زاد البحث على ذلك يتحمل الباحث دفع مبلغ (٢٠٠٠) دينار عن كل صفحة إضافية، على أن تقدم النسخ الأصلية الخاصة بالأشكال والخرائط على ورق (تريست)، وبواسطة برنامج (Microsoft Word).
- ❖ بعد الأخذ بملحوظات المقيّمين يرفق قرص (CD) مع البحث المصحح.
- ❖ تكون الطباعة بحرف (Simplified Arabic)، وبحجم (١٤).
- ❖ تكتب الهوامش في آخر البحث بنفس خط المتن، وبحجم (١٢)، على أن تذكر معلومات المصدر كاملة عند وروده أول مرة، لتغني عن كتابة قائمة للمصادر.
- ❖ يقسم البحث على مقدمة وعناوين مناسبة تدل عليه، لتغني عن قائمة المحتويات.
- ❖ لا تلزم المجلة بإعادة البحث إلى صاحبه، إذا اعترض على نشره الخبراء، ويكتفى بالاعتذار.
- ❖ منهج البحث العلمي والتوثيق من سمات المجلة المحكمة.
- ❖ تعنون المراسلات باسم (رئيس التحرير) أو مدير التحرير.
- ❖ إذا كان البحث يحتوي على آيات قرآنية، يكون نمط الآيات وفق برنامج مصحف المدينة ولا يتم نشر البحث خلاف ذلك.

مجلة سر من رأى

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تعليمات النشر في مجلة (سر من رأى)



ترحب مجلة (سر من رأى) العلمية المحكمة بإسهام الباحثين في القطر وسواه من الأقطار، فتخطو بهم ومعهم خطوات واثقة نحو مستقبل مشرق في نواحي الحياة، وفيما يأتي بعض ضوابط النشر فيها:

الأسس الفنية والتنظيمية

- ❖ تستقبل المجلة البحوث العلمية في مجالات العلوم الانسانية كافة.
- ❖ تقوم هيئة التحرير البحوث علميًا مع خبراء مشهود لهم بالكفاية العلمية في اختصاصهم الدقيق.
- ❖ ترفض المجلة نشر البحوث التي لا تطابق منهج البحث العلمي المعروف.
- ❖ يلزم الباحث بالأخذ بما يرد من ملحوظات حول بحثه، من خلال ما يحدده الخبراء المقومون.
- ❖ أن لا يكون البحث مقدمًا إلى مجلة أخرى، ولم ينشر سابقًا، وعلى الباحث أن يتعهد خطيًا بذلك.
- ❖ يشترط أن يقوم الباحث ببحثه المقدم.
- ❖ يثبت على الصفحة الأولى ما يأتي: (عنوان البحث، والاختصاص الدقيق للبحث، واسم الباحث، ولقبه العلمي، ومكان عمله، وبريده الإلكتروني، ورقم هاتفه، وكلمات مفتاحيه باللغتين العربية والانكليزية)، وفي حالة وجود أكثر من باحث تذكر أسمائهم وعناوينهم، لتسهيل عملية الاتصال بهم.
- ❖ يطبع موجزا للبحث في صفحة مستقلة، وباللغتين العربية والانكليزية، على أن لا يزيد عن صفحة واحدة.
- ❖ يعتمد أسلوب البحث العلمي في كتابة هوامش البحث ومصادره، ويعتمد الباحث المنهج البحثي الخاص باختصاصه، وتذكر الكتب المستعملة في البحث على النحو الآتي: اسم الكتاب، واسم المؤلف، ورقم الطبعة، ومكان النشر، وجهة النشر، وسنة النشر، والجزء (إن وجد)، والصفحة. أما الدوريات فتكتب على النحو الآتي: اسم الدورية، وعددها، وتاريخ صدورها، وجهة الإصدار، والصفحة.

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- ❖ لا يعد قبول النشر ملزما للمجلة بنشر البحث العلمي ضمن الاعداد إلا ما يليق بسمعتها الدولية.

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للدراستات الإنسانية
مجلة علمية فصلية محكمة
تصدر عن كلية التربية في جامعة سامراء

المجلد الثامن عشر / العدد الحادي والسبعون - السنة السابعة عشرة

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