

*(Effetti dell'ikt sul senso di posizione
della spalla)*

Effects of adding Aquatic-to-Land- Based Physiotherapy programs for JPS rehabilitation

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JPS: Joint Position Sense

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Effects of Adding Aquatic-to-Land-Based Physiotherapy Programs for Shoulder Joint Position Sense Rehabilitation

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01 Introduction

- **Strong association between various musculoskeletal disorders and their negative influence on proprioception**
- **Proprioception is the function that optimizes the accuracy of movements and play an important role in the motor control, which promotes and determines the accuracy of fine motor skills at the level of the injured upper limb**
- **The impairment of proprioception is caused, mainly, by the lesions of capsule-ligaments structures. It can leads to decreased stimulation of the mechanoreceptors (Pacini corpuscles, Ruffini endings, Golgi tendon organs)**