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THE EFFECT OF A REHABILITATION PROGRAM FOR RHOMBOID MUSCLES (SHOULDER) AND FIBROUS STRAIN ON YOUNG AND ADVANCED WRESTLERS (FREE AND ROMAN)

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ABSTRACT

The current study aimed to know the effect of the prepared curriculum on the rehabilitation of rhombic muscles affecting the shoulder and resulting from chronic myofascial tension, which affects the training and competitions of young and advanced Romanian and free wrestling players. Young and advanced (free and Romanian) and the prevalence of injury among Roman and freestyle wrestlers in particular and its prevalence among athletes and non-athletes in general and the delay in the recovery process for injured people. The infection may worsen and recur over time, and it may be chronic and affect it for life. The results showed that the number of injured is (76) freestyle wrestlers and Romanian players with rhomboid muscles, and they were divided into three types of injuries: first-degree (30) injured players and second-degree players, and (25) third-degree injured players and (21) players. After that, a sample of the research community was randomly selected from the injured (13) injured player, divided into (7) second-degree injury (6) injured player and third-degree injury, and the first-degree injury did not undergo treatment because it is considered one of the injuries not affected by those who completed their medical treatment. The pre-test of the research sample was conducted on 12/21/2021, while the measurements of the shoulder range of motion were taken on 12/22/2021. The researcher prepared exercises on 12/26/2021 until 27/1/2022, and their purpose is to rehabilitate the injured rhomboid muscles (shoulder) and fibrous strains of young and advanced freestyle and Romanian wrestlers after completing the treatment. The number of qualifying units (22) units. Units start on 12/26/2021 until 01/27/2022. Preparing special exercises using the therapeutic package (ASA). The number of exercises in the rehabilitation unit is between (6 exercises - 12 exercises). The intensity of the exercises ranges from medium to high. And the repetitive training method was adopted. Diversity and repetition of exercises, including the shoulder blade. The results indicated that there were significant statistically significant differences after comparing the values of the arithmetic means between the tribal and remote tests in the arm-up variable using the t-test for symmetrical samples and in favor of the post-test that used exercises rehabilitation exercises using the therapeutic bag (ASA) for massage and electrical muscle stimulation. Lifting the arm upward has a direct relationship to the range of motion of the joint and the characteristic of the muscles and ligaments and on the kinematic elastics. This is affected by the degree of injury that determines the movement of the shoulder as a result of exposure to severe pressure and the exit of the affected rhomboid muscle from its natural place and thus the high degree of pain. The researcher believes that the appearance of the results in this way is due to the effectiveness of the therapeutic rehabilitation exercises, as the therapeutic exercises using the therapeutic bag (ASA) led to the activation of the muscles, tendons and ligaments around the muscle as a result of the use of massage exercises with the massage gun. Which helps the muscles to relieve the spasms, which were the cause of the lack of movement and use, and the exercises contain different types of exercises to develop the range of motion, such as the negative, positive, fixed and slowly moving flexibility exercises with a wide range of motion helped in obtaining these results. In addition, the role of Strength exercises using the multi-tensile rubber bands that worked to raise the level of muscle strength for this rhomboid muscle, as the increase in muscle strength led to the withdrawal of tendons and ligaments, which led to the strengthening of the working muscles and this helped to prevent the rhombic muscle from leaving its place as a result of the development of the special strength of this muscle and reducing From the level of pressure that causes pain, and this is reflected in raising the arm to the top. Passing the occurrence of pain "because therapeutic exercises increase the body's flexibility and activity and increase the neuromuscular compatibility. The researcher concludes that the adoption of special rehabilitation

exercises through the therapeutic bag (ASA) works to rehabilitate injuries The rhomboid muscles (shoulder) affected by fibrous tension in free and Roman wrestlers. The approach remarkably speeds up the player's return to training and safety. Afsat and faster. The use of the method directly led to the optimal return of the kinematic spans of the shoulder.

Keywords: *Trigger point, myofascial pain, rhomboid muscle pain*

INTRODUCTION

A wrestler, according to the law, is the maximum that is played. He plays four matches per day in the form of two periods (the morning period and the evening period), provided that it does not exceed three matches in one period, and it may cause injury as a result of cohesion with the competitor and other internal and external circumstances in which the injury occurs The field of sports medicine is one of the most important areas that benefit the science of sports training, as it actively contributes to influencing athletes in particular in terms of their return to playing a player and their participation in international competitions and professionalism in addition to other influences. And their lack of conviction in the practitioner of physical activity because of their fear of The return of the injury again. The occurrence of injury is very common in the sport of wrestling, as this sport is characterized by the cohesion and synergy of opposing forces between them. The first is the weight of the two wrestlers, the forces of attraction to the ground and the player's resistance to it, and the second is their opposing strength,

and that all these factors combine and center with the technical grips of both types (free and Roman) wrestling, which constitutes a physical and physiological burden as it may result in injuries. Free wrestling has its own injuries, and the Romanian has its own injuries, but it shares some injuries, for example, free wrestling is characterized by knee injuries, being more frequent, while Roman wrestling in which the upper limbs are injured is the most common, due to the nature of the technical performance associated with the strength of the competitor's resistance on the rug in general. In particular, (Roman wrestling and freestyle wrestling) are involved in the injury of the fibrous tension of the rhomboid muscles, which causes neck and shoulder pain. The choice of this injury was due to its great importance to wrestlers in particular and to all athletes and non-athletes in general. The Internet and to know the extent of the effect of fibrous muscle tension and its effects on competitions clearly as it may affect the completion or loss of competitions or completion of training and may affect the player's retirement quickly, causing loss to the team, coach and sports in general and

that the injury affects the wrestler's performance and his physical level And skill and tactical alike, and negatively is the pain in the back area The upper neck is under the shoulder blades and it is called the rhomboid muscle. It is a very thin triangular muscle. It helps in controlling the arms and shoulders. It also helps in the movement of the shoulder joints. It connects the spine with the edges of the scapula, and through them passes the posterior superior cervical subscapular nerve (the fifth and sixth nerves) and the branch Posterior of the brachial plexus associated with the nerves of the shoulder and the pectoral muscle. This injury is characterized by many names, but the pain remains the same, and through these multiple labels, the researcher's attention was drawn, who found that not only the multiplicity of labels, but the multiplicity of treatment types for this unknown syndrome, and the importance of the study lies in knowing the muscles, their mechanism of action and their connection With the rest of the body, such as the edges of the spine, especially the neck vertebrae, the mechanism of its workers, its daily carrying of the head, its multiple shoulder muscles, its wide range of motion, and performing any wrong treatment only, and it may cause fracture of the ribs or part of the protrusions of the cervical vertebrae, and this area is the most

dangerous because it is close to the spinal cord in this area There are some treatment methods that are dangerous and result in bruises, lacerations and bruises that accompany this procedure In the process of treating this syndrome, which wrestlers suffer, and it is one of the most common and widespread pain, which is accompanied by severe pain, according to the path of the muscle fiber and the point of the affected trigger in terms of its proximity and its motor path towards the area most affected, according to which of the two muscles, the rhomboid major or the rhomboid minor muscle. Muscle a certain effect. The shoulder pain and its attendant consequences. And that this injury does not need a doctor, because there is no cut or tear, but rather an injury that can be treated by instantaneous method and exercise

The importance of the research lies in knowing the extent to which the prepared curriculum affects the rehabilitation of rhombic muscles affecting the shoulder and resulting from chronic myofascial tension, which affects the training and competitions of freestyle and Romanian wrestling players for youth and applicants. Young and advanced wrestlers (Free and Romanian) The prevalence of injury among wrestling players (Roman and Freestyle) in particular, and its prevalence among athletes and non-athletes in general

Delayed recovery process for injured people. The injury may worsen and recur over time, and it may be chronic and affect it for life.

The researcher used some previous studies that helped direct the most important sources for the topic of research

It dealt with topics related to the topic of research, as well as avoiding falling into some of the negatives that occurred in these previous studies, and among these studies is a study conducted by Tae-Woon and his group in (2016).

The study aimed: - To investigate the effect of the elastic ropes exercise program on the posture of people with rounded shoulders and the posture of the head forward. The most important conclusions are that the elastic band exercises program used in the study is effective for lengthening the main chest and correcting the round shoulder and the front position of the head. The similarities and differences with the current study: - The researcher agrees that the use of rubber ropes and their effect on the deep muscles in the shoulder is very effective and of high importance. A study conducted by Ying and his group in (2020) The aim of the study: - Using special strength training exercises with high intensity and effectiveness in reducing work-related neck/shoulder pain using simple

equipment such as rubber ropes.

Conclusions: Simple exercises on shrugging the shoulders led to high intensity activation of the upper trapezius muscle, while no activation was achieved using exercises for the sternocleidomastoid muscle at high intensity. Similarities and differences with the current study: The researcher agrees that the use of electrical stimulation to activate nerves and muscles The use of rubber ropes for the upper trapezius muscle (the small rhomboid muscle) is very effective because it targets the rhomboid muscles well, but the repetitions were ineffective and needed more and varied exercises in order to stimulate the muscle in more ways and did not touch the large rhomboid muscle, which is of paramount importance and great connection to the small rhomboid muscle . Study conducted by Deepak Sharan in (2014) Study objective: The study aimed to clarify the concept of myofascial pain and trigger point Conclusions The key to success in treating myofascial pain syndrome is early diagnosis, followed by intensive, protocol-based, multidisciplinary rehabilitation using a combination of medications and splints Rest periods, physical therapy and effective use of various trigger point management techniques. It is wise to look for a trigger point when evaluating localized pain, such as forearm pain, neck

pain, and back pain, especially on a conventional examination. Similarities and differences: The researcher agrees with this study that the pain of the muscle fascia should be diagnosed early in order for the therapist to avoid exacerbating the injury, as the lack of correct diagnosis leads to taking various treatments and is useless, and the researcher disappears that the treatment with analgesics is not an effective treatment because it does not work to heal the injury. A study conducted by Villafañe et al. (2019). Objective of the study: To determine the prevalence of myofascial trigger points and the relationship between myofascial trigger points and pain and function in patients with shoulder pain after stroke. Conclusions: This study shows that the prevalence of myofascial trigger points is High in patients after stroke, myofascial trigger points in this population are moderately associated with pain and function. - The study aimed to examine the elastic resistance resulting from each of the eight levels of color-coding elastic ropes using elongation of 100% and to determine the variation of the resistance from one level to another Conclusions: The results showed that the elastic resistance and stiffness of the material show a linear and gradual change. In addition, the data suggested the possibility of progressing from the yellow tape to the red tape and

skipping the yellow tape when describing the resistance exercise. It is better not to take it

Wrestling is one of the games that require physical, intellectual and physiological requirements at the highest level, which requires special treatment with the wrestler and the creation of all appropriate conditions to prepare the wrestler to enter the competitions that accompany the pressures of training of all kinds, including the need to employ material, human and moral capabilities and other factors Assistance to reach the goal. Wrestling with its two types (free and Roman) is a direct contact sport that requires a special type of training accompanying a special type of athletes who are characterized by high-level physical and physiological qualities and of various weights. Breathe and take instructions from the coach. The research objectives include diagnosing injury to rhomboid muscles (neck) and fibrous strain in young and advanced wrestlers (free and Roman) by sensing the injury by hand and preparing special exercises to rehabilitate rhomboid muscles (shoulder) affected by fibrous tension in young and advanced wrestlers (The free and the Romanian) and rehabilitation of the injured rhomboid muscles (shoulder) affected by fibrous tension among young and advanced wrestlers (Free and

Romanian) using the therapeutic bag (ASA) and accelerating the recovery process for the injured to return to the game and includes the goal of the research and in light of the goals set by the researcher and the nature of the problem can be determined. The research community, and this was done in an intentional way, as the research community was determined in an intentional way and represented the community. To search for injured wrestlers (Free and Romanian) for the youth and advanced category in Baghdad, the research sampled the players with fibromuscular tension of the rhomboid muscles that cause neck and shoulder pain and who are registered in sports medicine. The researcher also distributed a form to the research community to know the injury, its history and severity, and the researcher used the experimental design for the one treatment group. Tribal and post-court. This design is used in case of single batch testing. As the researcher will adopt the empirical method by designing a single case with pre and post-tests as a basis for the implementation of his research, for its suitability and the nature of the problem to be discussed.

MATERIALS AND METHODS

The method means “following certain logical steps in dealing with problems or

phenomena and addressing scientific issues to reach the discovery of the truth” (Abdullah Abdul Rahman Al-Kandari and Muhammad Abdul-Dayem, 1999), this means that each research has a special method followed to solve its problem, and the researcher used the experimental method. The experimental method is the closest research method to solving problems in the scientific way.

This design is used in the case of a single group test, as the researcher will adopt the empirical method with a single case design with pre and post-tests mainly to implement his research, for its suitability and the nature of the problem to be researched in the light of the goals set by the researcher and the nature of the problem. As the research community was determined in an intentional way, the research community represented the injured wrestlers (Free and Roman) for the youth and advanced category in Baghdad, the sample of the research was the players with fibromuscular tension of the rhomboid muscles causing shoulder pain and those registered in sports medicine. The researcher also distributed a form to the research community to know the injury, its history and severity. The exploratory experiment was conducted on (Monday) 12-12-2021 in the private indoor hall of Al-Kadhimiya Club at nine o'clock in the morning on (14) injured from the

research community, and (6) three of them were excluded because they had other injuries in the shoulder joint, as the

research sample became (8) Players This experiment included a test of the intensity of pain, as well as tests of kinetic range.

Table No. (1) shows the questions asked to the free and Romanian players

no	yes	Questions directed to free and Romanian players	sequence
		Do you have a previous injury to the rhomboid muscles?	1
		Are you injured now in the rhomboid muscles?	2
		Are you injured while playing in the rhomboid muscles?	3
		Are you injured during exercise in rhomboid muscles?	4
		Are you injured outside play or exercise in the rhomboid muscles?	5
		Do you have a first-degree injury to the rhomboid muscles?	6
		Do you have a grade II rhomboid muscle injury?	7
		Do you have a grade III rhomboid muscle injury?	8
		Does injury prevent you from playing the game in the rhomboid muscles?	9
		Does injury prevent you from continuing to exercise in the specific muscles?	10
		Does the injury take a long time to heal the rhomboid muscles?	11
		Is this injury repeated in the same place in the rhomboid muscles?	12
		Have you seen a doctor previously specialized in rhomboid muscles?	13
		Did the trainer contribute to the treatment of the fingers in the rhomboid muscles?	14
		Have you taken medication when you have a rhomboid muscle injury?	15
		Have you used ointments when you hit the rhomboid muscles?	16
			Total

The results showed that the number of injured is (76) free wrestling players and Romanian with injuries to the rhomboid muscles, and they were divided into three types of injuries: first-degree (30) injured players and second-degree players, and (25) third-degree injured players and (21) players After that, a sample of the research

community was randomly selected from the injured (13) injured players, divided into (7) second-degree injuries (6) injured players and third-degree injured players, and the first-degree injury did not undergo treatment because it is considered one of the injuries The ineffective of those who completed their medical treatment were

the means of data collection, devices and tools used, Arab and foreign sources and references. Observation Personal interviews (doctor, coach, player) Test and measurement International Information Network Survey questionnaire (open).

The devices and tools used were a rug and rubber ropes. Fitness training rooms. (ASA bag), which consists of (rubber ropes, electric massage gun, stimulator pen, medical stapler). Auxiliary work team An assistant work team was used for the pre and post-tests.

: Determine the measurements and test for the research

The measurements were determined and to be tested by the researcher after consulting and approval of the specialist doctors for these tests, the measurements to measure the degree of pain and rehabilitation, and they determined the degree of pain scale because it is appropriate with the nature of the injury. These tests included the pain intensity test (ruler test): (Villafañe et al., 2019

Tools: a ruler divided into ten fields containing numbers from (1-10).



Figure (1) shows the pain scale used in the research

The researcher used to raise the arm to the injured face to the pain as a basic measure of the intensity of the pain after consulting the doctors with this: Method of measurement: The injured player stands

and is asked to move the arm from the bottom to the top and then determines the degree of pain through his sense of pain and through the specialist doctor who asks to determine the degree of rotation and

determine the degree the pain. The victim repeats the attempts three times and calculates the arithmetic mean of the score. For special measurements of the range of motion of the neck: The injured player stands and then asks him to raise the arm as much as possible, not the largest possible range of motion and up to a degree that he cannot lift more.

Field research procedures pre-test

The researcher conducted a pre-test for the research sample on (Tuesday) corresponding to 12/21/2021, where the researcher conducted a test with the help of the assistant working team doctor (Mohammed Baqer Jaafar) in the clinic. 12/22/2021 with the help of a physical therapist (Ammar Abdul-Hussein), as the patients performed the tests

According to the following conditions: Raising the arm of the injured shoulder from the bottom to the top as much as possible until the appearance of pain. The researcher adopted video photography. The video cameras were installed and placed on a tripod as a princess. The appropriate dimensions for the cameras were determined on places located perpendicular to the middle of the spatial plane of movement The affected arm at each stage is as follows:

The first camera, which is of the type (Ex-Zr10 Casio), depicts the movement of the injured arm for the full performance and is placed vertically mid-distance on the right side behind the athlete, and visualizes the movement of raising the arm from behind on the center of the back at a height of (1.50 cm) at a distance of (1.50 cm) in order to Arm lift movement analysis.

The main experiment: The researcher prepared exercises on (Sunday) 12/26/2021 until (Thursday) 27/1/2022, and their purpose is to rehabilitate the injured rhomboid muscles (shoulder) and fibrous strains of young and advanced wrestlers (free and Romanian) after their completion treatment. The number of rehabilitation units (22) units The units start on 12-26-2021 until 27-1-2022. Preparing special exercises through the therapeutic package (ASA). The number of exercises in the rehabilitation unit is between (6 exercises - 12 exercises). The intensity of the exercises ranges from medium to high. Adopt a repetitive training method. Diversity and repetition of exercises, including the shoulder blade.

The first week contains instant treatment by pushing the shoulder blade towards the shoulder joint, and the repetitions are $4 * 6$ with a rest of 10 seconds, and it is one day of one rehabilitation unit with a day of rest. The number of units is (3) The

number of days is 3 days of rest. As shown in Table (2)

Table No. (2) Qualifying unit exercises for the first week

Spare time	the time	repetition s	Qualification	Unit details	Sections of the unit
					Preparatory section
The therapist controls the injury well		1	1	Lying on the medical stamen	1
Determine the affected side of the shoulder		1	1	Feel the pain area and reveal the location of the injury	2
Determine which muscle is affected, small or large, rhombic		2	1	Determine the exact muscle affected	3
To ensure proper blood flow to the area		2	1	The therapist performs an impulse massage of the back and neck muscles towards the shoulder joint.	4
					main section
Return the rhomboid muscles to their correct position	10Second	3 minutes	حسب الحالة	Push the shoulder blade toward the shoulder joint on both sides.	exercise 1
Get rid of spasms associated with shoulder and neck muscles	10Second	5 minutes	حسب الحالة	Massage the rhomboid, neck and surrounding muscles with a device (massage gun)	exercise 2
Stimulation of the affected rhomboid muscles	10Second	5 minutes	حسب الحالة	Stimulation of rhomboid, shoulder and neck muscles with a stimulator pen	Exercise 3
Increased range of motion	10Second	5 minutes	4*6	The therapist pulls the patient's hand from the shoulder at an angle of 45 degrees from the top and bottom of the shoulder joint and 90 degrees from the shoulder joint from a lying position.	Exercise 4
Increased range of motion	10Second	1 minutes	4*6	Neck bending forward and backward	Exercise 5
Increased range of motion	10 Second	1 minutes	4*6	Rotate the neck to both sides from right to left and vice versa	Exercise 6
Increased range of motion	10 Second	1 minutes	4*6	Rotate the shoulder forward and backward	Exercise 7
Increased range of motion	10 Second	1 minutes	4*6	Lifting the shoulders up with the neck immersed	Exercise 8
					Final section
Increased range of motion and relaxation of the rhomboid muscle	30 Second	2 minutes	4*6	Standing and bending the back forward with the hands swinging	exercise 1

Increased range of motion and relaxation of the rhomboid muscle	30 Second	2 minutes	4*6	From standing, hands are pushed forward while the back is turned back	exercise 2
Get rid of spasms associated with shoulder and neck muscles		5 minutes	according to the situation	Massage the shoulder blade, joint, surrounding muscles and neck muscles with a massage device (massage pistol).	exercise 3

Qualifying unit exercises for the second week

The therapist uses green ropes, 4*6 repetitions, and 10 secs rest for the first qualifying unit. The therapist uses green ropes, 4*8 repetitions, and 10 secs rest for the second qualifying unit. The therapist uses green ropes, 4*10 repetitions, and 10 secs rest for the third qualifying unit, where the second week contains a day. Rehabilitation unit and rest day The number of units (3) The unit of rest days is 3 days. As in Table No. (3).

The purpose of the exercise	Spare time	exercise time	green chords repetitions	Details of the daily qualifying unit for the second week	Sections of the unit
					prohibition section
The therapist controls the injury well		minute 1	1	Lying on the medical stamen	1 exercise
Determine the affected side of the shoulder		minute 1	1	Feel the pain area and reveal the location of the injury	2 exercise
Determine which muscle is affected, small or large, rhombic		minutes 2	1	Identify the exact muscle affected.	3 exercise
To ensure proper blood flow to the area		minutes 2	1	The therapist performs an impulse massage of the back and neck muscles towards the shoulder joint.	4 exercise
		minutes 6			Total
The purpose of the exercise	Spare time	exercise time	green chords repetition	Details of the daily qualifying unit	main section
The return of certain muscles to their healthy state	10 Seconds	minutes2	according to the situation	Lie down the medical stamen and push the scapula towards the shoulder joint on both sides.	exercise 1
Get rid of spasms associated with shoulder and neck muscles	10 Seconds	minutes 5	according to the situation	Massage the shoulder blade, joint, surrounding muscles and neck muscles with a massager (massage pistol).	exercise 2
Stimulating the nerves responsible and surrounding the specific	10 Seconds	minutes5	according to the situation	Stimulation of specific muscles, shoulder and neck muscles with the device of the stimulator pen.	Exercise 3

muscles.					
Increased range of motion	10 Seconds	minutes3	4*6	The therapist pulls the injured hand from the palm at an angle of 45 degrees from the top and bottom of the shoulder joint and 90 degrees from the shoulder joint from a lying position.	Exercise 4
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	From standing, open the legs at shoulder level, wrap the hands in opposite directions, lean on a fixed pole, and bend the head between the hands downward as far as possible between the arms.	exercise 5
To increase range of motion and strength of certain muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords upwards at an angle of 45 degrees from the shoulder joint and pulling them a little and moving the scapula only	Exercise 6
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber ropes at an angle of 180 degrees to the level of the shoulder joint and pulling them to move the shoulder blade only	exercise 7
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber ropes down at an angle of 45 degrees to the level of the shoulder joint and pulling them to move the shoulder blade only	Exercise 8
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords at an angle of 180 degrees to the opposite level of the shoulder joint and pulling them forward and at an angle of 45 degrees from the shoulder joint	exercise 9
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords at an angle of 45 degrees downward at the level opposite the shoulder joint and pulling them forward at an angle of 45 degrees from the shoulder joint	exercise 10
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Pull the rope from the back on both sides and at the same time at the shoulder level at an angle of 45 degrees forward at an angle of 45 d from the separation, the shoulder from the most	Exercise 11
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the elastic cord at the shoulder level and at an angle of 45 degrees down from the shoulder joint and pulling it from the back to the front	Exercise 12
	130 Seconds	31 minutes			Total
The purpose of the exercise	Spare time	exercise time	repetitions	Details of the daily qualifying unit	Final section
Increased range of motion and relaxation of	10	minutes1	4*6	Standing and bending the back forward with	exercise 1

the rhomboid muscle	Seconds			the hands swinging	
Increased range of motion and relaxation of the rhomboid muscle	10 Seconds	minutes1	4*6	From standing, hands are pushed forward while the back is turned back	exercise 2
Increased range of motion	10 Seconds	minutes 1	4*6	Neck bending forward and backward	Exercise 3
Increased range of motion	10 Seconds	minutes 1	4*6	Rotate the neck to both sides from right to left and vice versa	Exercise 4
Increased range of motion	10 Seconds	minutes1	4*6	Rotate the shoulder forward and backward	Exercise 5
Increased range of motion	10 Seconds	minutes1	4*6	Lifting the shoulders up with the neck immersed	Exercise 6
Get rid of spasms associated with shoulder and neck muscles		minutes 2	according to the situation	Massage the shoulder blade, joint, surrounding muscles and neck muscles with a massage device (massage pistol).	exercise 7
	60 Seconds	minutes 8			Total
minutes48	180 Seconds	45 minutes			total summation

Qualifying unit exercises for the third week

The therapist uses red ropes, 4*6 repetitions, and 10 seconds rest for the first qualifying unit. The therapist uses red ropes, 4*8 repetitions, and 10 seconds rest for the second qualifying unit. The therapist uses red ropes, 4*10 repetitions, and 10 seconds rest for the third qualifying unit. The therapist uses red ropes and 4*12 repetitions. And 10 seconds rest for the fourth qualifying unit. The therapist uses the red ropes and 4 * 12 repetitions, and 10 seconds rest for the fifth qualifying unit, where the third week contains two rehabilitation units, and on a day of rest the number of units is (5) units, the number of days of rest is 2 days, as in *Table No. (4)*

The purpose of the exercise	Spare time	exercise time	green chords repetitions	Details of the daily qualifying unit for the third week	Sections of the unit
					prohibition section
The therapist controls the injury well		minute 1	1	Lying on the medical stamen	1 exercise
Determine the affected		minute 1	1	Feel the pain area and reveal the location of	2 exercise

side of the shoulder				the injury	
Determine which muscle is affected, small or large, rhombic		minutes 2	1	Identify the exact muscle affected.	3 exercise
To ensure proper blood flow to the area		minutes 2	1	The therapist performs an impulse massage of the back and neck muscles towards the shoulder joint.	4 exercise
		minutes 6			Total
The purpose of the exercise	Spare time	exercise time	green chords repetition	Details of the daily qualifying unit	main section
The return of certain muscles to their healthy state	10 Seconds	minutes2	according to the situation	Lie down the medical stamen and push the scapula towards the shoulder joint on both sides.	exercise 1
Get rid of spasms associated with shoulder and neck muscles	10 Seconds	minutes 5	according to the situation	Massage the shoulder blade, joint, surrounding muscles and neck muscles with a massager (massage pistol).	exercise 2
Stimulating the nerves responsible and surrounding the specific muscles.	10 Seconds	minutes5	according to the situation	Stimulation of specific muscles, shoulder and neck muscles with the device of the stimulator pen.	Exercise 3
Increased range of motion	10 Seconds	minutes3	4*6	The therapist pulls the injured hand from the palm at an angle of 45 degrees from the top and bottom of the shoulder joint and 90 degrees from the shoulder joint from a lying position.	Exercise 4
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	From standing, open the legs at shoulder level, wrap the hands in opposite directions, lean on a fixed pole, and bend the head between the hands downward as far as possible between the arms.	exercise 5
To increase range of motion and strength of certain muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords upwards at an angle of 45 degrees from the shoulder joint and pulling them a little and moving the scapula only	Exercise 6
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber ropes at an angle of 180 degrees to the level of the shoulder joint and pulling them to move the shoulder blade only	exercise 7
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber ropes down at an angle of 45 degrees to the level of the shoulder joint and pulling them to move the shoulder blade only	Exercise 8
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords at an angle of 180 degrees to the opposite level of the shoulder joint and pulling them forward and at an angle of 45 degrees from the shoulder joint	exercise 9

To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords at an angle of 45 degrees downward at the level opposite the shoulder joint and pulling them forward at an angle of 45 degrees from the shoulder joint	exercise 10
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Pull the rope from the back on both sides and at the same time at the shoulder level at an angle of 45 degrees forward at an angle of 45 d from the separation, the shoulder from the most	Exercise 11
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the elastic cord at the shoulder level and at an angle of 45 degrees down from the shoulder joint and pulling it from the back to the front	Exercise 12
	130 Seconds	31 minutes			Total
The purpose of the exercise	Spare time	exercise time	repetitions	Details of the daily qualifying unit	Final section
Increased range of motion and relaxation of the rhomboid muscle	10 Seconds	minutes1	4*6	Standing and bending the back forward with the hands swinging	exercise 1
Increased range of motion and relaxation of the rhomboid muscle	10 Seconds	minutes1	4*6	From standing, hands are pushed forward while the back is turned back	exercise 2
Increased range of motion	10 Seconds	minutes 1	4*6	Neck bending forward and backward	Exercise 3
Increased range of motion	10 Seconds	minutes 1	4*6	Rotate the neck to both sides from right to left and vice versa	Exercise 4
Increased range of motion	10 Seconds	minutes1	4*6	Rotate the shoulder forward and backward	Exercise 5
Increased range of motion	10 Seconds	minutes1	4*6	Lifting the shoulders up with the neck immersed	Exercise 6
Get rid of spasms associated with shoulder and neck muscles		minutes 2	according to the situation	Massage the shoulder blade, joint, surrounding muscles and neck muscles with a massage device (massage pistol).	exercise 7
	60 Seconds	minutes 8			Total
minutes48	180 Seconds	45 minutes			total summation

The therapist uses blue ropes, 4*6 repetitions, and 10 seconds rest for the first qualifying unit. The therapist uses blue ropes, 4*8 repetitions, and 10 seconds rest for the second qualifying unit. The therapist uses blue ropes and 4*10 repetitions, and 10 seconds rest for the third qualifying unit. The therapist uses blue ropes and 4*12 repetitions And 10 seconds rest for the fourth qualifying unit. The therapist uses blue ropes and 4 * 12 repetitions, and 10 seconds rest for the fifth qualifying unit, where the third week contains two rehabilitation units and a rest day of units (5) and a unit of rest days 2 days as in Table (5)

Table (5): Qualifying unit exercises for the fourth week

The purpose of the exercise	Spare time	exercise time	green chords repetitions	Details of the daily qualifying unit for the fourth week	Sections of the unit
					prohibition section
The therapist controls the injury well		minute 1	1	Lying on the medical stamen	1 exercise
Determine the affected side of the shoulder		minute 1	1	Feel the pain area and reveal the location of the injury	2 exercise
Determine which muscle is affected, small or large, rhombic		minutes 2	1	Identify the exact muscle affected.	3 exercise
To ensure proper blood flow to the area		minutes 2	1	The therapist performs an impulse massage of the back and neck muscles towards the shoulder joint.	4 exercise
		minutes 6			Total
The purpose of the exercise	Spare time	exercise time	green chords repetition	Details of the daily qualifying unit	main section
The return of certain muscles to their healthy state	10 Seconds	minutes2	according to the situation	Lie down the medical stamen and push the scapula towards the shoulder joint on both sides.	exercise 1
Get rid of spasms associated with shoulder and neck muscles	10 Seconds	minutes 5	according to the situation	Massage the shoulder blade, joint, surrounding muscles and neck muscles with a massager (massage pistol).	exercise 2
Stimulating the nerves responsible and surrounding the specific muscles.	10 Seconds	minutes5	according to the situation	Stimulation of specific muscles, shoulder and neck muscles with the device of the stimulator pen.	Exercise 3
Increased range of motion	10 Seconds	minutes3	4*6	The therapist pulls the injured hand from the palm at an angle of 45 degrees from the top and bottom of the shoulder joint and 90 degrees from the shoulder joint from a lying	Exercise 4

				position.	
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	From standing, open the legs at shoulder level, wrap the hands in opposite directions, lean on a fixed pole, and bend the head between the hands downward as far as possible between the arms.	exercise 5
To increase range of motion and strength of certain muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords upwards at an angle of 45 degrees from the shoulder joint and pulling them a little and moving the scapula only	Exercise 6
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber ropes at an angle of 180 degrees to the level of the shoulder joint and pulling them to move the shoulder blade only	exercise 7
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber ropes down at an angle of 45 degrees to the level of the shoulder joint and pulling them to move the shoulder blade only	Exercise 8
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords at an angle of 180 degrees to the opposite level of the shoulder joint and pulling them forward and at an angle of 45 degrees from the shoulder joint	exercise 9
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords at an angle of 45 degrees downward at the level opposite the shoulder joint and pulling them forward at an angle of 45 degrees from the shoulder joint	exercise 10
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Pull the rope from the back on both sides and at the same time at the shoulder level at an angle of 45 degrees forward at an angle of 45 d from the separation, the shoulder from the most	Exercise 11
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the elastic cord at the shoulder level and at an angle of 45 degrees down from the shoulder joint and pulling it from the back to the front	Exercise 12
	130 Seconds	31 minutes			Total
The purpose of the exercise	Spare time	exercise time	repetitions	Details of the daily qualifying unit	Final section
Increased range of motion and relaxation of the rhomboid muscle	10 Seconds	minutes1	4*6	Standing and bending the back forward with the hands swinging	exercise 1
Increased range of motion and relaxation of	10 Seconds	minutes1	4*6	From standing, hands are pushed forward while the back is turned back	exercise 2

the rhomboid muscle					
Increased range of motion	10 Seconds	minutes 1	4*6	Neck bending forward and backward	Exercise 3
Increased range of motion	10 Seconds	minutes 1	4*6	Rotate the neck to both sides from right to left and vice versa	Exercise 4
Increased range of motion	10 Seconds	minutes1	4*6	Rotate the shoulder forward and backward	Exercise 5
Increased range of motion	10 Seconds	minutes1	4*6	Lifting the shoulders up with the neck immersed	Exercise 6
Get rid of spasms associated with shoulder and neck muscles		minutes 2	according to the situation	Massage the shoulder blade, joint, surrounding muscles and neck muscles with a massage device (massage pistol).	exercise 7
	60 Seconds	minutes 8			Total
minutes48	180 Seconds	45 minutes			total summation

The therapist uses black ropes, 4*6 repetitions, and 10 seconds rest for the first qualifying unit. The therapist uses black ropes, 4*8 repetitions, and 10 seconds rest for the second qualifying unit. The therapist uses black ropes, 4*10 repetitions, and 10 seconds rest for the third qualifying unit. The therapist uses black ropes and repetitions. 4*12 and a rest of 10 seconds for the fourth qualifying unit, the therapist uses the black ropes and repetitions of 4*14 and a rest of 10 seconds for the fifth qualifying unit, the therapist uses the black ropes and 4*14 repetitions and a rest of 10 seconds for the sixth qualifying unit, where the fifth week contains two rehabilitation units and a rest day Number of units (6) A unit of rest days (3) days as in Table (6)

Table (6): Qualifying unit exercises for the fifth week

The purpose of the exercise	Spare time	exercise time	green chords repetitions	Details of the daily qualifying unit for the fifth week	Sections of the unit
					prohibition section
The therapist controls the injury well		minute 1	1	Lying on the medical stamen	1 exercise
Determine the affected side of the shoulder		minute 1	1	Feel the pain area and reveal the location of the injury	2 exercise

Determine which muscle is affected, small or large, rhombic		minutes 2	1	Identify the exact muscle affected.	3 exercise
To ensure proper blood flow to the area		minutes 2	1	The therapist performs an impulse massage of the back and neck muscles towards the shoulder joint.	4 exercise
		minutes 6			Total
The purpose of the exercise	Spare time	exercise time	green chords repetition	Details of the daily qualifying unit	main section
The return of certain muscles to their healthy state	10 Seconds	minutes2	according to the situation	Lie down the medical stamen and push the scapula towards the shoulder joint on both sides.	exercise 1
Get rid of spasms associated with shoulder and neck muscles	10 Seconds	minutes 5	according to the situation	Massage the shoulder blade, joint, surrounding muscles and neck muscles with a massager (massage pistol).	exercise 2
Stimulating the nerves responsible and surrounding the specific muscles.	10 Seconds	minutes5	according to the situation	Stimulation of specific muscles, shoulder and neck muscles with the device of the stimulator pen.	Exercise 3
Increased range of motion	10 Seconds	minutes3	4*6	The therapist pulls the injured hand from the palm at an angle of 45 degrees from the top and bottom of the shoulder joint and 90 degrees from the shoulder joint from a lying position.	Exercise 4
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	From standing, open the legs at shoulder level, wrap the hands in opposite directions, lean on a fixed pole, and bend the head between the hands downward as far as possible between the arms.	exercise 5
To increase range of motion and strength of certain muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords upwards at an angle of 45 degrees from the shoulder joint and pulling them a little and moving the scapula only	Exercise 6
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber ropes at an angle of 180 degrees to the level of the shoulder joint and pulling them to move the shoulder blade only	exercise 7
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber ropes down at an angle of 45 degrees to the level of the shoulder joint and pulling them to move the shoulder blade only	Exercise 8
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords at an angle of 180 degrees to the opposite level of the shoulder joint and pulling them forward and at an angle of 45 degrees from the shoulder joint	exercise 9

To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the rubber cords at an angle of 45 degrees downward at the level opposite the shoulder joint and pulling them forward at an angle of 45 degrees from the shoulder joint	exercise 10
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Pull the rope from the back on both sides and at the same time at the shoulder level at an angle of 45 degrees forward at an angle of 45 d from the separation, the shoulder from the most	Exercise 11
To increase range of motion and strength of specific muscles	10 Seconds	minutes2	4*6	Fixing the elastic cord at the shoulder level and at an angle of 45 degrees down from the shoulder joint and pulling it from the back to the front	Exercise 12
	130 Seconds	31 minutes			Total
The purpose of the exercise	Spare time	exercise time	repetitions	Details of the daily qualifying unit	Final section
Increased range of motion and relaxation of the rhomboid muscle	10 Seconds	minutes1	4*6	Standing and bending the back forward with the hands swinging	exercise 1
Increased range of motion and relaxation of the rhomboid muscle	10 Seconds	minutes1	4*6	From standing, hands are pushed forward while the back is turned back	exercise 2
Increased range of motion	10 Seconds	minutes 1	4*6	Neck bending forward and backward	Exercise 3
Increased range of motion	10 Seconds	minutes 1	4*6	Rotate the neck to both sides from right to left and vice versa	Exercise 4
Increased range of motion	10 Seconds	minutes1	4*6	Rotate the shoulder forward and backward	Exercise 5
Increased range of motion	10 Seconds	minutes1	4*6	Lifting the shoulders up with the neck immersed	Exercise 6
Get rid of spasms associated with shoulder and neck muscles		minutes 2	according to the situation	Massage the shoulder blade, joint, surrounding muscles and neck muscles with a massage device (massage pistol).	exercise 7
	60 Seconds	minutes 8			Total
minutes48	180 Seconds	45 minutes			total summation

PRESENTATION, ANALYSIS AND DISCUSSION OF THE RESULTS

The researcher presented the results of the tribal and remote measurements for the research sample, by displaying the arithmetic means and standard deviations in illustrative tables after performing the necessary statistical operations for them, in order to facilitate the observation of the results, as well as making a comparison between the tribal and post-tests by analyzing and interpreting the results of all measurements to know the reality of the differences and their implications Statistical, according to a precise scientific perspective, in order to achieve the research objectives and hypotheses, by identifying the effect of special exercises using the therapeutic bag (ASA) by the researcher in the rehabilitation of rhomboid muscle injuries (neck) affected by fibromyalgia (pain intensity and neck rotation to the right and left) among Young and advanced wrestlers (Free and Roman)

Presentation and analysis of the results, the severity of pain for the experimental group

Table (7) shows the arithmetic means and standard deviations of the experimental group in the research in the pre and post-tests.

Table (7) Arithmetic means and standard deviations of the pain intensity sample

test after		test before		measuring unit	Statistical parameters
standard deviation	Arithmetic mean	standard deviation	Arithmetic mean		Variables
0.898	2.153	1.552	5.923	Degree	intensity of pain

It is noted from Table (7) in the pain intensity test that the arithmetic mean in the pre and post test for the first experimental group was respectively (5.923) (2.1537) and with standard deviations of (1.552) (0.898) for the test and when statistical treatment to obtain the results of the differences between the pre and post tests Table 8 shows the results.

Table (8) shows the difference between the arithmetic means and standard deviations between the two tests, the pre and post tests for the experimental group.

Statistical significance	evolution rate	error level	(T)* value calculated	p xx	p	q	measuring unit	Statistical parameters
moral	63.6%	0.000	13.419	0.280	1.013	3.769	Degree	intensity of pain

After the statistical treatment, the values of (t) were (13.419), which is statistically significant, at an error level of (0.000) and in front of a degree of freedom (12), and with a progression rate of (63.6%). Since the value of the error level is less than (0.05), this It means that we reject the null hypothesis and accept the alternative hypothesis that the exercises practiced by the experimental group have a clear effect on reducing the level of pain intensity.

DISCUSSING THE RESULTS OF THE DIFFERENCES BETWEEN THE PRE AND POST TESTS IN THE VARIABLE PAIN INTENSITY OF THE EXPERIMENTAL GROUP

It is clear from the previous table that there are significant statistically significant differences after comparing the values of the arithmetic mean between the tribal and remote tests in the variable degree of pain intensity using the t-test for the corresponding samples and in favor of the post test that used rehabilitation exercises using the therapeutic bag (ASA) for massage and electrical muscle stimulation . The degree of pain intensity is directly related to the exposure of the rhomboid muscle to severe pressures and its departure from its normal place as a result of shedding a force that confronts it to the force possessed by the muscle, which leads

to a defect in the morphological structure of the muscle and thus opens the special gates of sensory receptors, i.e. receiving pain and transmitting sensations from the muscles to the nerves Through the sensory receptors within the muscles, this instruction is transmitted through the spinal cord to the brain. The researcher believes that the decrease in the degree of pain in the post test came as a result of using the rehabilitation exercises and physiotherapy developed by the researcher and they were of effective benefit in relieving pain through several stages. In addition to that, performing massage operations that relax the muscles surrounding the muscle and raise the level of blood flow to the affected area and thus raise the waste and remnants of the injury, which relieves pressure and thus reduces pain. And the effect of this increase is to raise the percentage of oxygen to provide the muscles with oxygen for energy production, as (Muzaffar Shafiq) indicated that the massage procedures have an effect on “these organs and the circulatory system (heart, blood vessels, blood) plays a role in providing this system. Next is the respiratory system, which works with the circulatory system in a very high organization and coordination” (Muzaffar Abdullah Shafiq, 1983). In addition, the role of electrical stimulation, which

recruited more motor units and the latest type of increase in muscle work, is reflected in the functional indicator. An external factor that is controlled to move the muscle and arouse it by sending electrical signals directly, without the need to receive orders of contraction and diastole from the brain, in a short time and to relieve and relieve pain for both muscles and nerves, as “Electrical stimulation technology works as the original pain dispersal, and also helps to secrete Endorphins are a key hormone secreted by the nervous system to relieve pain and help the body reduce the feeling of pain. to the brain. The lack of exercise, tension, and lack of any activity help the gateway to allow any kind of pain to reach the brain” (Muzaffar Abdullah Shafiq, 1983)

This study also agrees with what was stated by (Hassan Ahmed et al., 1996) “in the use of electrical stimulation for the purpose of pain inhibition and treatment, as several clinical sessions have recently

been conducted to inhibit or reduce pain by electrical stimulation of large sensory nerve fibers, which is successful in relieving pain” (Muzaffar Abd Allah Shafiq, 1983). This is consistent with what was indicated by (Syed Abdel-Maqsoud, 1997) in mentioning the advantages of electrical stimulation of the muscle that relieves pain. It increases and improves muscle improvement after competition or strong training units, that is, it is considered as a healing means (), which helps the injured to perform strength exercises by means of the tapes and thus on the strength of the rhomboid muscle and this is reflected in the post-tests, and therefore the results appeared logically.

Presentation and analysis of results Lifting the arm up for the experimental group:

Table (9) shows the arithmetic means and standard deviations of the experimental group in the research in the pre and post tests

Table (9) Arithmetic means and standard deviations of the sample of raising the arm up for the experimental group

test after		test before		measuring unit	Statistical parameters
standard deviation	Arithmetic mean	standard deviation	Arithmetic mean		Variables
3.295	169.769	6.388	149.153	Degree	Raise the arm up

It is noticed from Table (9) in the arm-up test that the arithmetic mean in the pre-test and post-test for the first experimental group was respectively (149.153) (169.769), with standard deviations of (6.388) (3.295) for the test. And when statistical treatment to obtain the results of the differences between the two tests, the pre and post tests, Table (10) shows the results

Table (10) shows the difference of the arithmetic means and standard deviations of the arm-up sample between the pre and post tests of the experimental group

Statistical significance	evolution rate	error level	(T)* value calculated	p xx	p	q	measruing unit	Statistical parameters
moral	12.1%	0.000	17.980	1.146	4.133	20.615	Degree	Raise the arm up

Freedom (15), and with a development rate of (12.1%), and since the error level is less than (0.05), this means that we reject the null hypothesis and accept the alternative hypothesis which sees that the exercises practiced by the experimental group have a clear impact on an increase in the level of arm lift to up

DISCUSSING THE RESULTS OF THE DIFFERENCES BETWEEN THE PRE- AND POST-TESTS IN THE ARM-UP VARIABLE OF THE EXPERIMENTAL GROUP:

It is clear from the previous tables that there are significant statistically significant differences after comparing the values of the arithmetic mean between the tribal and dimensional tests in the arm-lift variable for the experimental sample and the use of the t-test for the symmetrical samples and

in favor of the post-test that used the exercises, the rehabilitation exercises by means of the therapeutic bag (ASA) for massage with Muscular electrical stimulation. The researcher attributes this development to the result of the effectiveness of the vocabulary of the rehabilitative exercises that were prepared and what it included in terms of compressing the affected muscle and returning it to its normal position, as well as the use of electrical stimulation, which has an effective effect on the demise of pain and thus increasing the flexibility of the joint as a result of exercising as we indicated previously. To the main improvement in the motor range of the shoulder joint, and it had a positive effect on the muscular pattern of the muscles working in the shoulder joint and thus on the range of motion of the shoulder joint.

Or reduce the effectiveness of pain, or by tactile stimulation of the group of nerve fibers that transmit pain to the nervous system, and stimulation by another type of sensitive fibers that have a role in creating and increasing the production of endorphins, which have a role in reducing pain. Electrical stimulation with a pain reduction program in dealing with acute pain or chronic pain for well-affected muscles "(Mustafa Hassan Abdel Karim, 2009). As the range of motion is one of the motor characteristics associated with the safety and flexibility of the working muscles, the tendons, and these exercises are effective in developing the health aspect of the shoulder joint, and because this physical characteristic is important to carry out the movements with ease and without the occurrence of pain. The rhombic and therefore the kinetic range, that is, overcoming the kinetic limitations, and therefore the results were logical.

CONCLUSIONS:

The adoption of special rehabilitation exercises using the therapeutic bag (ASA) works to rehabilitate injuries to the rhomboid muscles (neck) affected by fibro tension in wrestlers (free and Romanian). And on the degree of neck rotation to the right for wrestlers (Freestyle and Roman). The adoption of special rehabilitation exercises by means of the therapeutic bag

(ASA) works to rehabilitate injuries to the rhomboid muscles affected by fibrotic tension and to the degree of rotation of the neck to the left in wrestlers (Freestyle and Roman). The use of the curriculum quickly contributes remarkably to the player's return to training and competitions and in a faster manner. The use of the curriculum directly led to the return of the kinetic ranges of the neck in an optimal manner. The use of the rehabilitation method with rubber ropes delays the recurrence of the injury again. Sometimes the injury occurs as a result of muscle and nervous incompatibility, for example when sleeping. The severity of the pain varies among them. The injury of the small rhomboid muscle affects the neck only. The injury of the large rhomboid muscle affects the shoulder and sometimes the chest muscle. The strong pressure on the points Pain exacerbates the injury. The direct rehabilitation (at the moment) speeds up the return of the range of motion of the neck. The use of rehabilitation reduces the duration of the injury and its aggravation.

ENDORSEMENT:

The necessity of special rehabilitation exercises by means of the therapeutic bag (ASA) working to rehabilitate the injuries of specific muscles affected by fibrotic tension. The necessity of adopting a

special scale to measure the degree of pain intensity to determine the degree of injury. Dissemination of special rehabilitation exercises through the therapeutic bag (ASA) to wrestling training centers and medical rehabilitation centers. Attention should be given to strength exercises for small muscles and the most relevant to the requirements of the game to achieve special skill requirements. Conducting similar research through special exercises with the therapeutic package (ASA) to rehabilitate other injuries. Attention to the range of movement of the muscles, especially young players. Conducting similar research on other activities. Conducting research using various tools on the same injury and in other ways. Carrying out the same qualifying approach on players who are affected by the rhomboid muscle that does not affect the neck and shoulder. The same rehabilitation approach is carried out on the players who are not affected by the rhomboid muscle that does not affect the neck and shoulder, to prevent injury.

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