研究業績　英文表記

和文	
表題	高校野球選手における肩甲上腕骨外旋可動域の増加に関連する腕挙上時の肩甲骨外旋位置
著者名	樋口隆志 [1], Haruka Sano[2], Momoka Tanaka[3], 松尾萌美 [4], 金澤佑治 [5], Shigeki Yokoyama[6]
所属	[1] 大阪人間科学大学, [2] 本山リハビリテーション病院, [3] はくほう会セントラル病院, [4] 西九州大学, [5] 北陸大学, [6] 京都橘大学
英文	
Title	Scapular external rotation position during arm elevation related to increased glenohumeral external rotation range of motion in high school baseball players
Author	Takashi Higuchi[1], Haruka Sano[2], Momoka Tanaka[3], Moemi Matsuo[4], Yuji Kanazawa[5], Shigeki Yokoyama[6]
Affiliation	[1]Osaka University of Human Sciences, [2]Motoyama Rehabilitation Hospital, [3]Hakuhoukai Central Hospital, [4]Nishikyushu University, [5]Hokuriku University, [6]Tachibana University
Abstract	This study aimed to investigate the relationship between glenohumeral rotational ROM and scapular rotational position during arm resting and elevation of the dominant side in high school baseball players. The hypothesis of this study was that there is a positive correlation between scapular external rotation position and glenohumeral ER ROM. Sixty male high school baseball players were recruited for this study. All measurements were taken before the daily practice of baseball during the winter offseason to minimize the effect of the ball throw. The measurement consisted of glenohumeral ROM and scapular internal/external rotation position on the dominant and nondominant sides. A significant correlation was found between glenohumeral external rotational ROM and scapular external rotational position during arm elevation on the dominant side. It is possible that scapular external rotation can increase the glenohumeral external rotational ROM. Strategies to optimize scapular rotational position, such as stretching the pectoralis minor or strengthening the scapular retractor, may prevent glenohumeral ROM restriction.
keyword	Scapular, glenohumeral external rotation, high school baseball players

※本データの英文表記は実際の論文上の表記とは異なります。