

(IIHFW RI D PRELW\ IRFXVHG H[HUFLVH WUDLQLQJ LQ UHKD
SDLQ DQG ZHDNQHVV \$ FDVH VWXG\

Peng Zhao, Lingling Li and Runze Guan
China Institute of Sports Science, China

Shoulder pain and weakness is associated with complex pathologies and often precludes weightlifters from participation in