

## **Abstract**

The significance of the present study stems from its attempt to introduce an effective mechanism that contributes to reducing recovery time, improving treatment results, and reducing costs to contribute to reducing negative effects on players and sports teams. This study also contributes to providing more information about the treatments available to these volleyball players and improve overall treatment outcomes. The present study seeks to address the research problem by answering the question about the effect of blood flow restriction (BFR) rehabilitative exercises on improving the functional efficiency of the injured shoulder joint of volleyball players, and whether this method is safer and more effective compared to traditional methods of rehabilitation and treatment.

The present study aims to prepare blood flow restriction rehabilitative exercises to rehabilitate the dislocated shoulder of volleyball players, as well as to identify the effect of the rehabilitative exercises, improving muscle strength and range of motion, and reducing the degree of pain of the dislocated shoulder joint of athletes. Employing the experimental approach, the researcher assumes that there are statistically significant differences between pre-tests and post-tests in the variables of muscular strength, motor range, and pain degree variable in favor of post-tests. The research sample consists of (10) players with anterior dislocation, deliberately selected from the injured advanced volleyball players playing in the southern region clubs. The researcher concludes that: The present study reveals that the integration of blood flow restriction (BFR) rehabilitative exercises has significantly improved the functional efficiency of the affected shoulder joint of athletes. There is a marked increase in the strength and range of motion of the muscles surrounding the shoulder joint through the use of blood flow restriction rehabilitative exercises,