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Seniors to sport court, not to hospital

THE SHOULDER JOINT

Shoulder joint is a joint of the utmost mobility in all levels. It is a very complicated joint, which is connected with the humerus and also with scapula and the shoulder girdle function. If there is no correct function of stabilizing muscles and the muscles, which centre this joint, we get big pains in shoulder area. We use our arm during everyday activities and therefore we must try to ensure the correct function of scapulae fixators and correctly stretched muscles in the shoulder joint.