

Shoulder joint pain is a common phenomenon faced by javelin throwers, shot putters and discus throwers. Basic anatomical findings related to the glenohumeral joint are summarized in this work, followed by a description of the kinesiology of movement in the glenohumeral joint. Performed movement analysis of each sport makes the imagination of movements carried out during the throw easy. The chapter on the differential diagnostics of shoulder joint pain summarizes both transferred, muscle and joint pain. The final chapter examines the effect of kinetic activities on an athlete's joint.