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## **Seniors to sport court, not to hospital**

### **THE CERVICAL SPINE**

Problems in this area can be called the upper crossed syndrom. Problems, which follow are caused by muscle dysbalance mainly in deep nuchal muscles, in scapulae fixators area and also by muscle overexertion which are strained by everyday activities. The head posture is characteristic as it is mostly in a forwarded posture and in a mild backward band. Exercises, which are aimed at stabilizing this area will be focussed on counterbalancing muscle dysbalances, mainly strengthening scapulae lower fixators and releasing upper trapeze muscles in this whole area.