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Seniors to sport court, not to hospital

DEEP STABILIZATION SYSTEM OF THE SPINE

Deep stabilization system of the spine is a system of muscles and their function in coordination. It concerns the spine as a whole. First of all we focus on the centre of the body and its correct function. In the upper part it is the midriff as one of the main stabilization muscles, further it is a system of internal oblique and transverse abdominal muscles and then it is a system of pelvic floor muscles, which perform in the lower part of the body. The correct coordination between the midriff and those muscles provides for the correct posture of the chest, correct posture of the pelvis, hip joints and prevents us from overstraining the lumbar spine.