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Seniors to sport court, not to hospital

THE HIP JOINT

The hip joint is one of the largest cotyloid joints in human body and of course we have big problems in this area caused by muscle dysbalances. The hip joint is liable to arthrosis development, which is usually caused by an incorrect limb centre. It means that the hip joint is not adequately centred. We recommend balance exercises in centred positions, activating muscles around pelvis and the whole limb and exercises focussed on the body centre and deep stabilizing muscle system, which will procure the correct function and the correctly centred hip joint.