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Seniors to sport court, not to hospital

LOWER LIMB

The correct function of joints and the lower limb muscles leads to prevention of difficulties, which may be chronic and inflammatory changes in joints and muscle insertions and certain ligaments in the hip joint, knee or ankle areas. We achieve the correct function of individual muscles by activation of stabilizing muscles. We tend to overstrain the front and the back of the thigh, which tend to get shorter. To counterbalance the dysbalance we must take care of the muscles in pelvic and hip areas, which ensure complex motion in the whole existent. We must ensure the joints to be centred, so that the ankle, knee and hip joint are in axis. The exercises must be functional, correct and relatively easy.