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

### **THE THORACIC SPINE**

Thoracic spine is a problematic area as there might occur certain muscle dysbalances, which result in so-called kyphotic posture or with some individuals so called kyphoscoliotic posture. These difficulties are started by muscle dysbalances of scapulae lower fixators, which are muscles holding scapulae in physiologic posture and also by muscle dysbalances in abdominal area, incorrect breathing chest posture and in the upper part coinciding with an incorrect cervical spine posture.