

## The Compensation Of The Muscular dysbalance Of The postural System (the efficiency of women's volleyball)

The thesis is focused on trying to recoup some negative consequences on a functioning musculoskeletal system, arising from a long-term training in professional volleyball.

The starting point for a thesis, the research and testing of tests which found muscle imbalance between individual muscle groups. On this imbalance I have compiled a special training unit and applied it to test the effect for fourteen months.

### Keywords:

volleyball, postural system, muscle imbalance, balancing exercises, compensation, Training Unit