

Abstract

Title: The muscular unbalance and the opportunity of their correction

Goals: To create the summary of the muscular unbalance and the proceeding disorder of the postural system and the current methods of their reduction.
To form the set of the exercises intended for the wide number of population to lead to the correction of the muscular unbalance and to the improvement of the conditions of the motion system.

Method: The analysis of the literary resources and their comparison

Results: Muscular unbalance is divided into three basic areas that they have fundamental influence on the poor posture. We evaluate the posture and the condition of the muscular tension and the strength as the methods of discovering of the condition of the motion system. To improve this condition we use the methods concerning the equalization of the muscular unbalance.
We have found that the improvement is only possible when the set of the exercises contains the stretching and strengthening exercises supplemented with the breathing exercises and with the practice of the proper motion stereotypes.

Key words: posture, motion system, exercise, stretching, strengthening