

ABSTRACT

Title:

Possibilities of affecting upper cross syndrome with strengthening in the fitness centre

Aims of work:

To choose a group of the recreational sportsmen and to compose accurate examinations which shall be used to gain information on the motional system state of monitored people. To realize fixed preliminary examinations and to analyse them. To create the programme of strengthening exercises from the results of examinations for subsequent muscle imbalance stabilization.

Working method:

Diagnostic method

- interview
- assesment examination
- specific examination of shortened muscles
- motional stereotype examination

Augmentation assay - insulated and complex strengthening

Result analysis

Results:

After evaluation of obtained datas I learned the following: the therapy had positive influence on physical and mental state of monitored clients and muscle imbalance of cervical spine area was strongly eliminated. On the basis of results I can proclaim applied methods as well chosen and perfectly performed. I appreciate my therapy as effective.

Key words:

Muscle imbalance, upper cross system, shortened and weakened muscles, fitness, examination, training, strengthening, stretching