

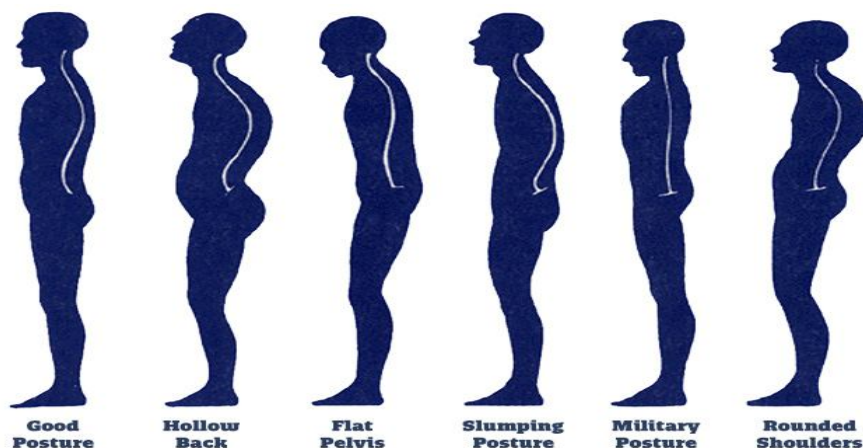
Various Aspects of Posture

Ms.Kirandeep Kaur

Department of Physical Education
Gopichand Arya Mahila College, Abohar

Introduction:-

Posture is about far more than looking confident and poised sitting or standing in the right position makes sure our bodies function properly.

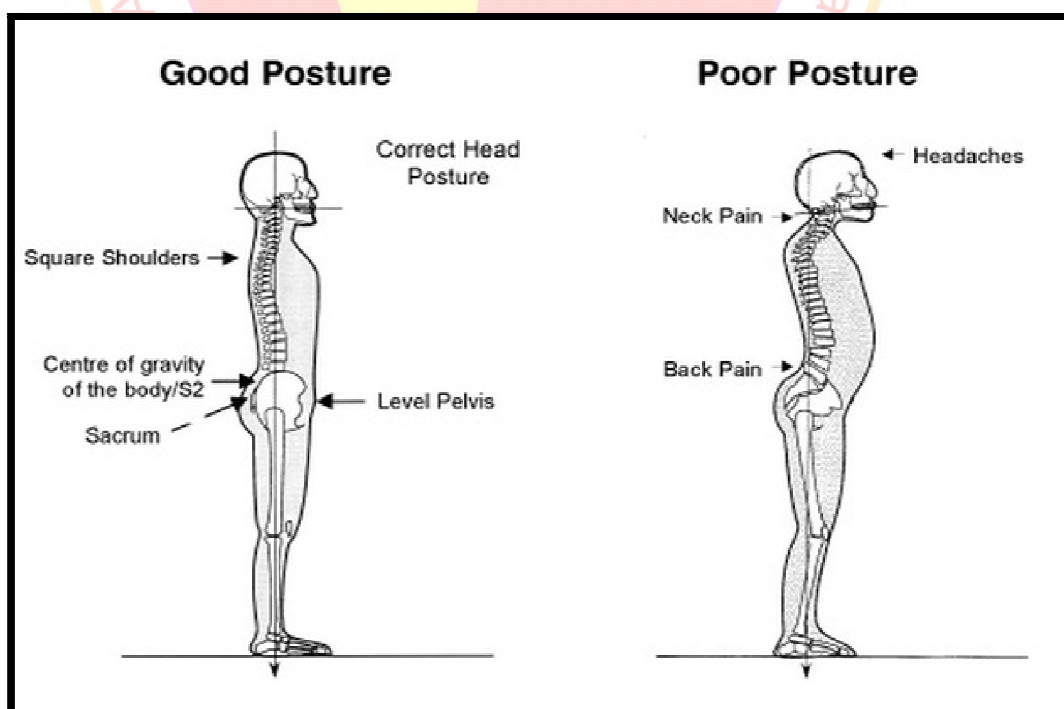


Definition:-

Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down.

Balance Posture


Balance Posture cannot be defined by a rigid formula; it is usually considered to be the natural and comfortable bearing of the body in normal persons. This means that in a standing position the body is naturally, but not rigidly, straight, and that in a sitting position the back is comfortably straight.




Postural Deformities

POSTURE DEFORMITIES

➤ Postural Deformity is the malformation of any component of the body.



➤ The malformation may be the result of bony distortion or alteration in the topography of soft tissues.



Spinal Deformities

- (1) Kyphosis
- (2) Lordosis
- (3) Scoliosis

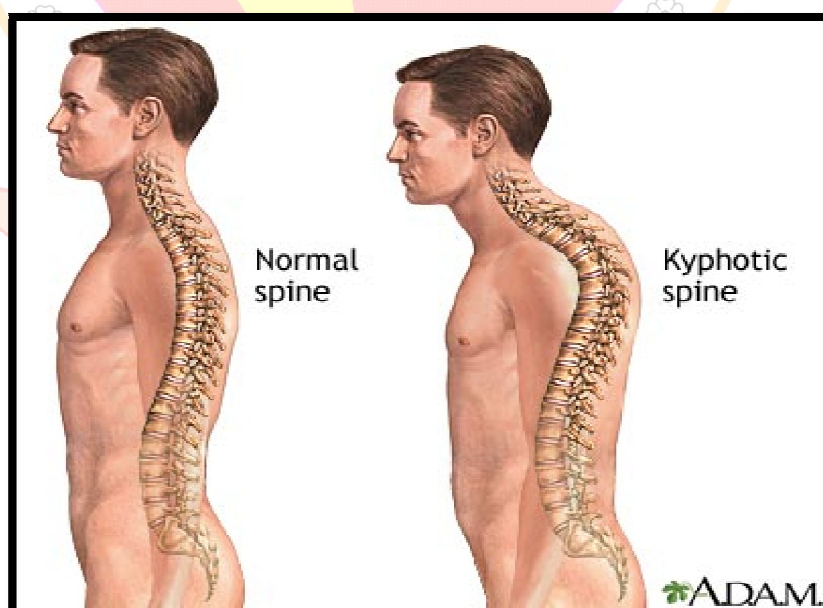
Foot Deformities

- (1) Knock Knee
- (2) Bow Legs
- (3) Flat foot

Spinal Deformities

Kyphosis:-

Kyphosis occurs as the forward rounding in the upper portion of the back. It's normally an exaggerated rounding of more than 50 degrees, according to mayoClinic .com. This condition is also known as hunchback.

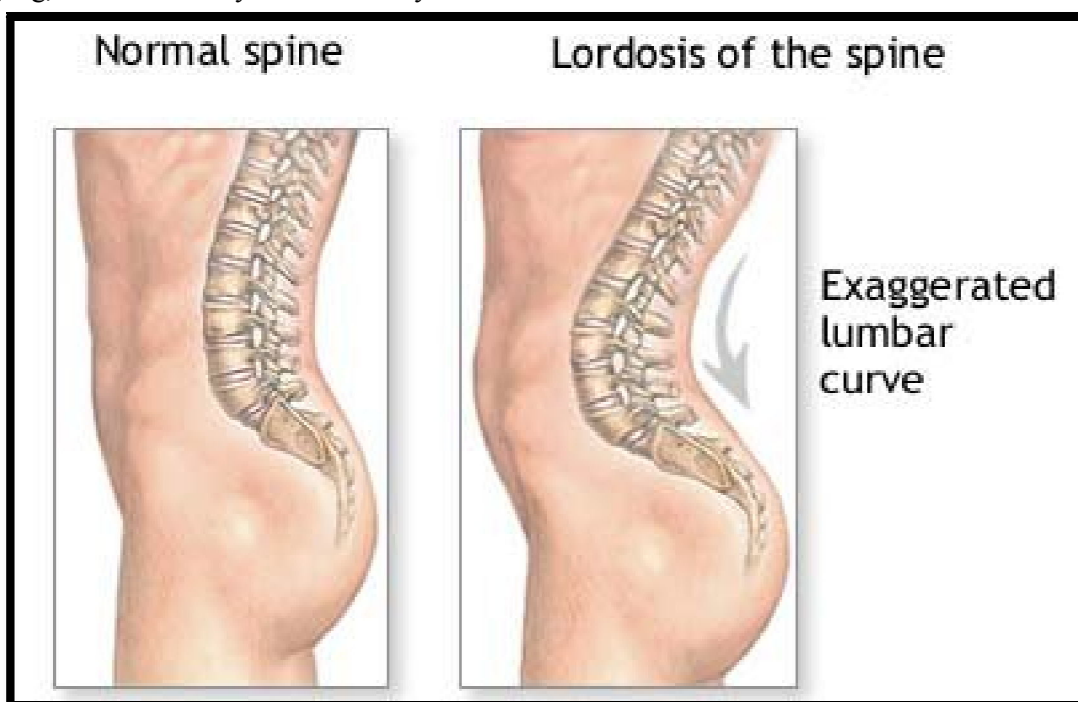


Correction:-

1. Keep shoulders elevated while sitting or walking
2. Head straight while walking.
3. Yoga is helpful ex-Bhujang asana, Tar asana.
4. Swimming helps in correcting Kyphosis.

Lordosis:-

Lordosis is an exaggerated curvature of the lower back. Lordosis can occur in children and adults, says Seattle Children's Hospital. This exaggerated curvature of the spine can cause people to look as though their back is swaying, or it can make your lower body stand outward.

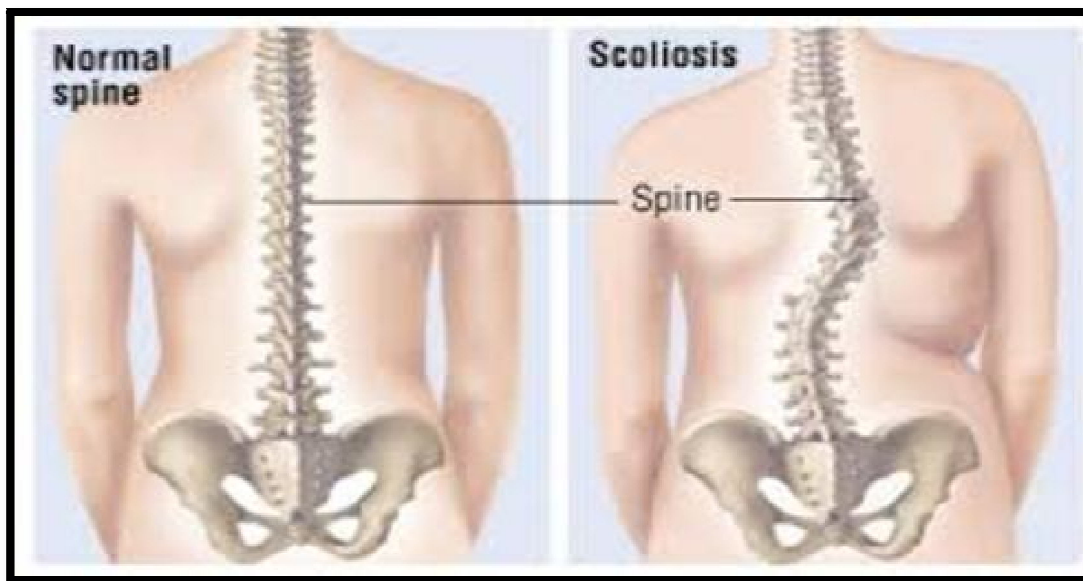


Correction:-

- 1) Touch foot without bending knees.
- 2) Slow running beneficial.
- 3) Gymnastic exercises keep spine normal.
- 4) Elevating legs and arms while laying on back.
- 5) Yoga is helpful ex-Hal asana ,Surya namskar.

Scoliosis:-

Scoliosis occurs when a person's spine is curved from side to side. The National Scoliosis Foundation estimates that six million Americans are affected. Scoliosis can affect infants, children and adults. However, it's more likely to occur between ages 10 and 15. Females are eight times more likely to be diagnosed with scoliosis than males.



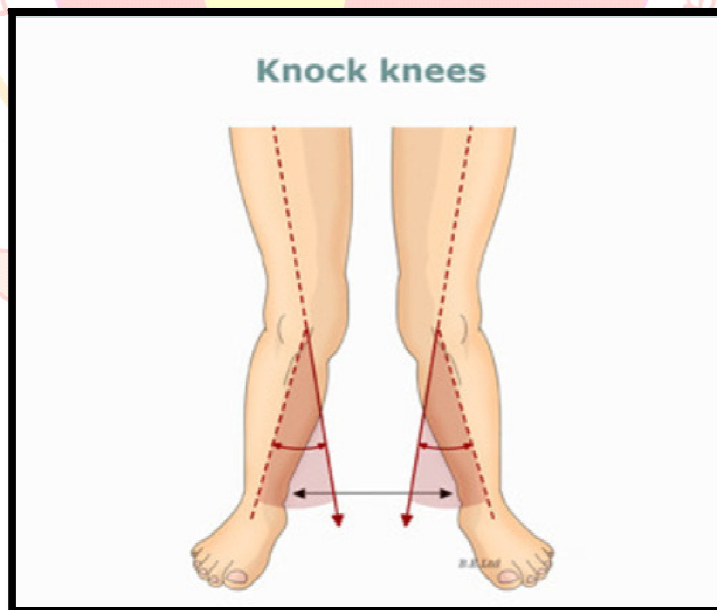
Correction:-

- 1) Hanging exercises.
- 2) Swimming helps to keep spine normal.
- 3) Alternate toe touching.
- 4) Dumble and weight lifting exercises.
- 5) Lifting weight with elevated shoulder.

Foot Deformities

Knock knee:

Knock Knee is an abnormal curvature of the lower legs, resulting in a large gap between the feet and ankles when the knees are touching.

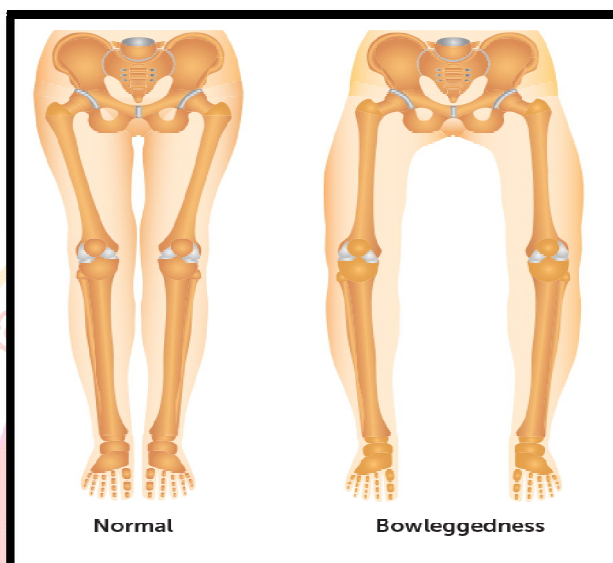


Correction:-

- 1) Yoga is helpful ex-padam asana.
- 2) Cycling helps to keep knee straight.
- 3) Horse riding is beneficial.
- 4) Skipping rope exercise.
- 5) Swimming

Bow Legs:-

Bowlegs is a condition in which the knees stay wide apart when a person stands with the feet and ankles together. It is considered normal in children under 18 months.

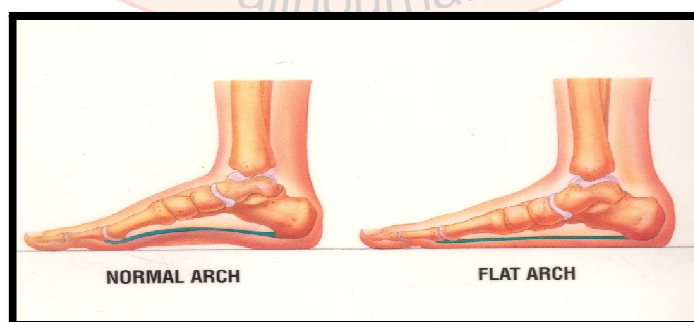


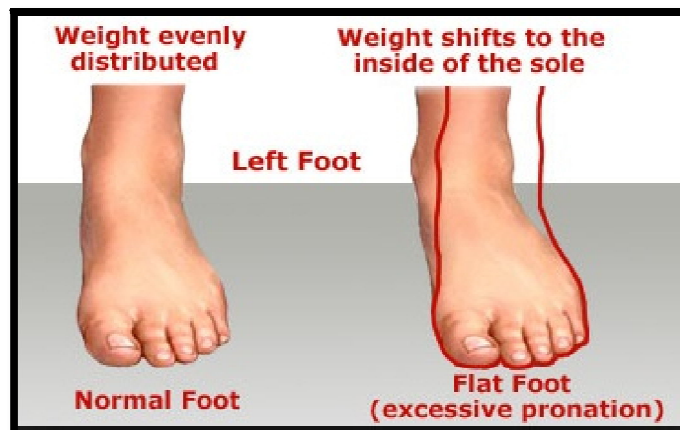
Correction:-

- 1) Yoga is helpful ex-Vajr asana, Sapt vajr asana.
- 2) Different exercises for muscle strength.
- 3) Walking on toes.
- 4) Try to making foot muscles flexible.

Flat foot:-

Flat feet is a postural deformity in which the arches of the foot collapse, with the entire sole of the foot coming into complete or near-complete contact with the ground. Some individuals have an arch that simply never develops in one foot or both feet.





Corrections:-

- 1) Massage of foots.
- 2) Don't wear heavy shoes.
- 3) Lifting pencil while sitting on chair.
- 4) Walking on toes.

References

1. <https://www.livestrong.com/article/105229-types-posture/>
2. www.mananatomy.com
3. www.iofbonehealth.org

