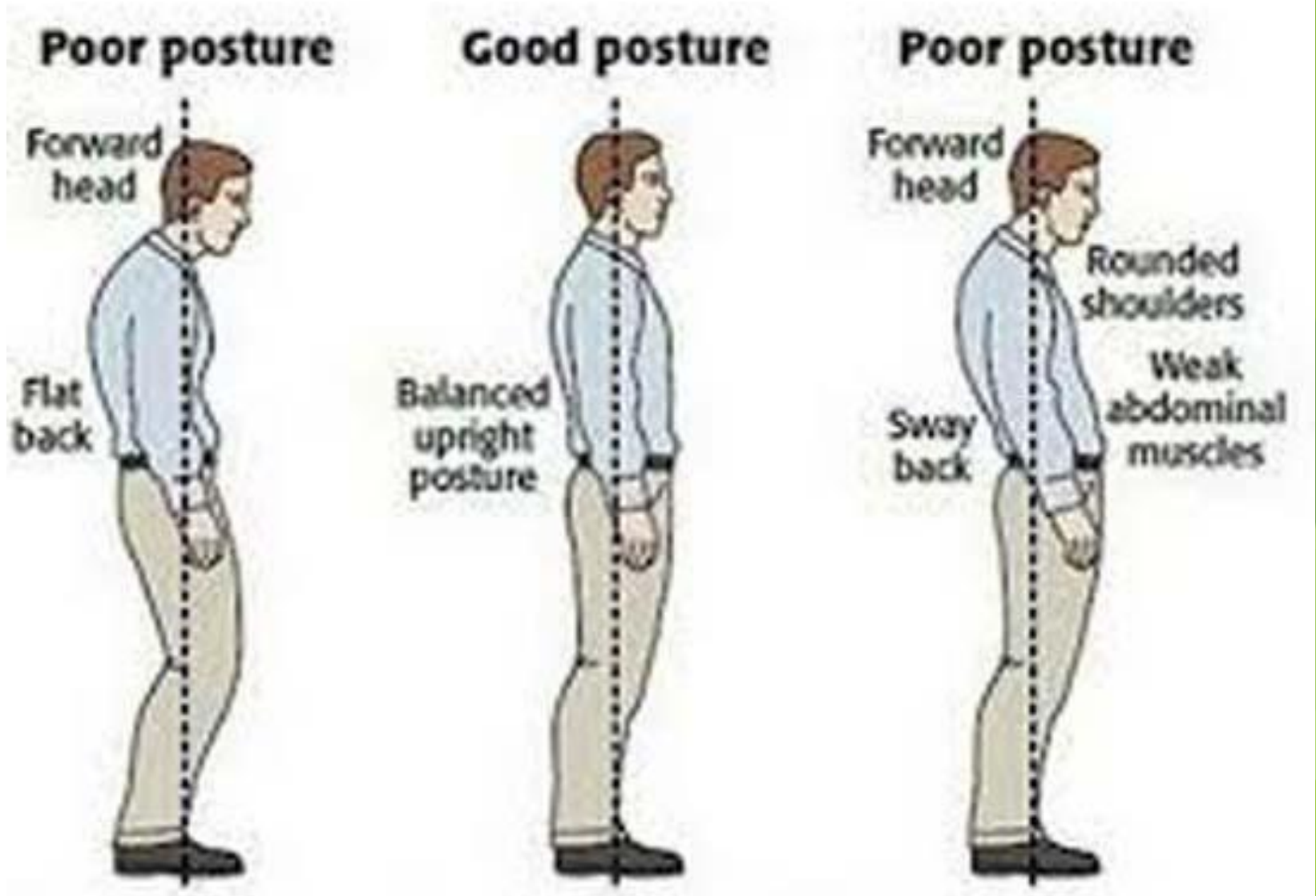
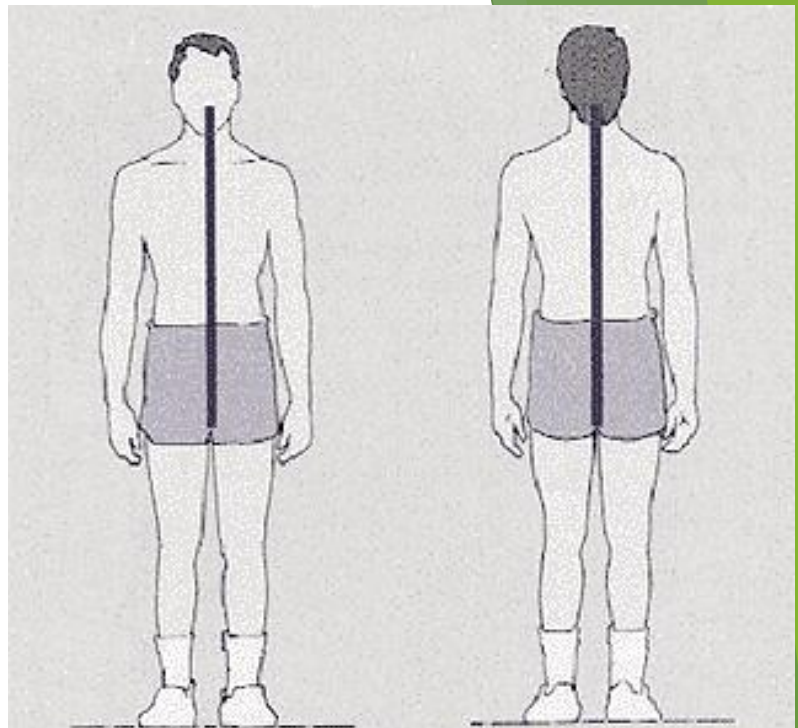
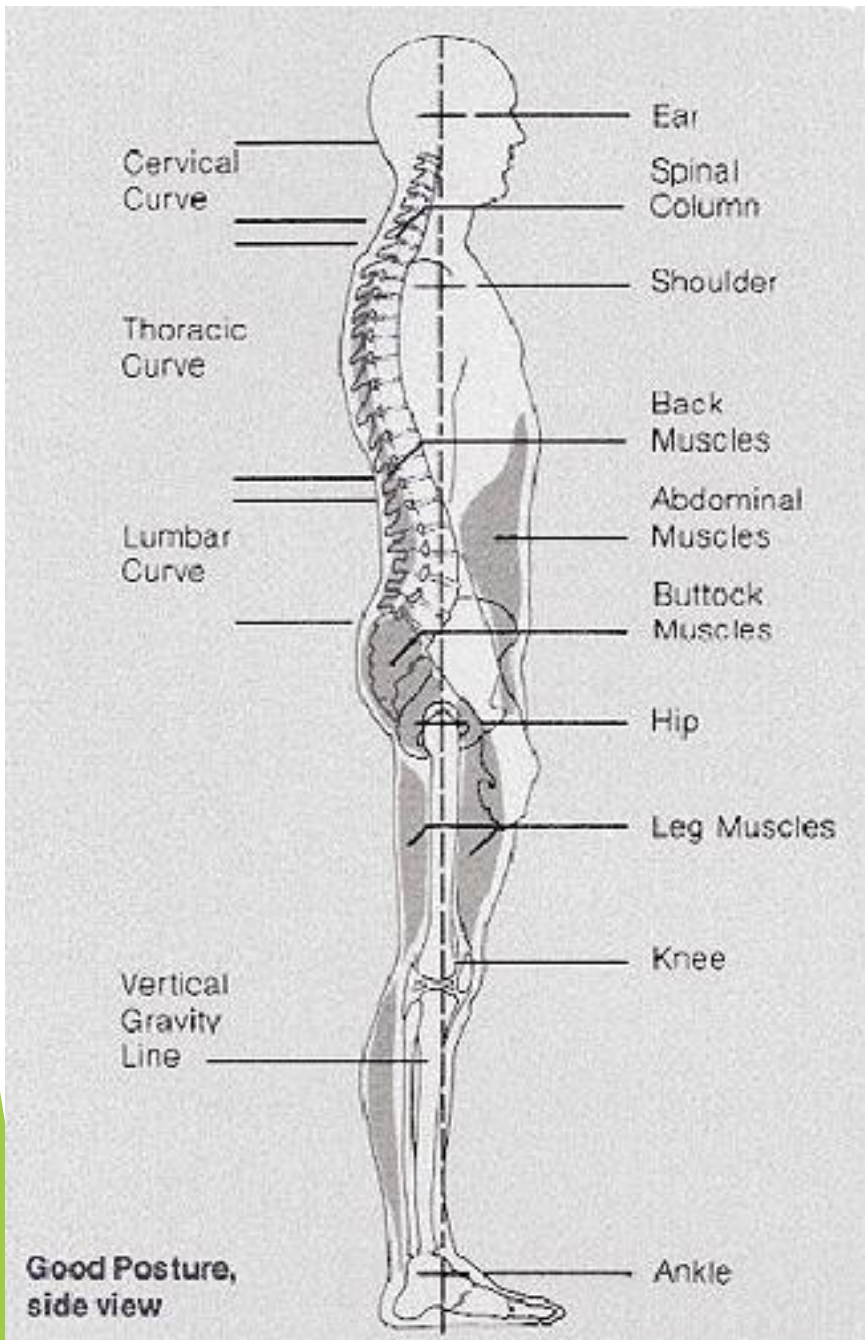




شهناز زمانی
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۰۹۱۴۰۰۳۸۹۸۷

Spinal Posture





Good Posture, front view

Good Posture, back view

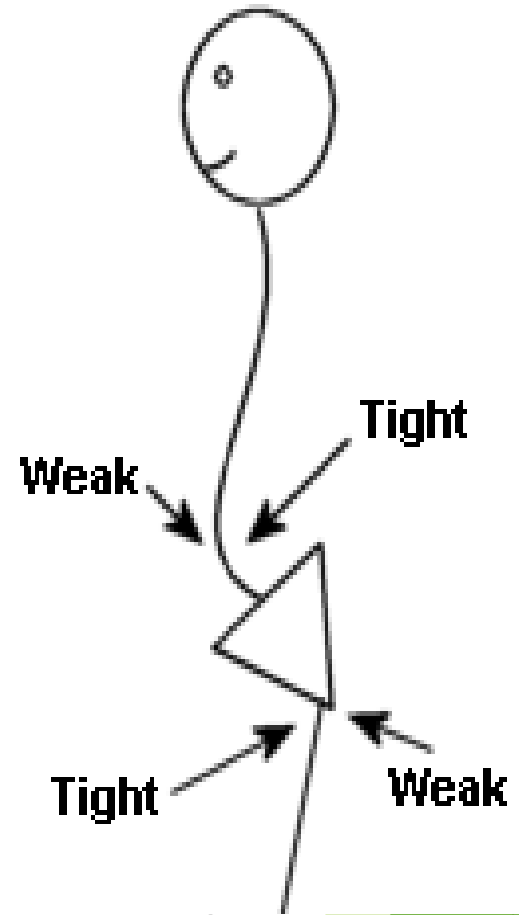


A Good Sitting Posture

Spine and head are erect and the three natural back curves are maintained.

Overview

- ▶ Definition of posture
- ▶ Postural development
- ▶ Common spinal deformities



LOOK AT YOUR POSTURE... OTHERS DO



Correct Posture



Hollow Back



Flat Pelvis



Slumping Posture



Military Posture



Round Shoulders



Correct



High Shoulder



High Hip



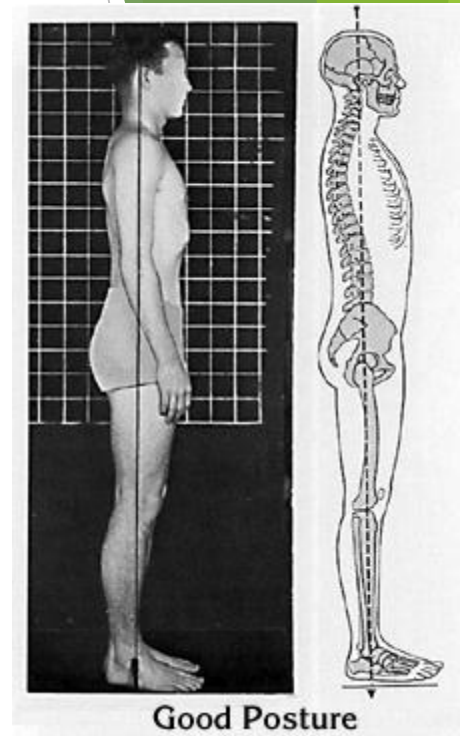
Head Tilt



Severe Scoliosis

What is good posture?

- ▶ Ideal posture serves as a reference point.
- ▶ Ideal posture...
 - ▶ Distributes gravitational stress for balanced muscle function.
 - ▶ Allows joints to move in their mid range to minimize stress on ligaments and articular surfaces.
 - ▶ Effective for the individual's activities of daily living.
 - ▶ Allows the individual to avoid injury.



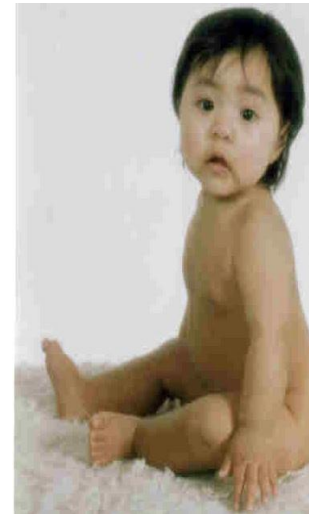
Postural Development

▶ Birth

- ▶ Entire spine concave forward (flexed)
- ▶ “Primary curves”
 - ▶ Thoracic spine
 - ▶ Sacrum

▶ Developmental (usually around 3 mos.)

- ▶ Secondary curves
- ▶ Cervical spine
- ▶ Lumbar spine



Postural Development

- ▶ Factors affecting posture
 - ▶ Bony contours
 - ▶ Laxity of ligamentous structures
 - ▶ Fascial & musculotendinous tightness
 - ▶ Muscle tonus
 - ▶ Pelvic angle
 - ▶ Joint position & mobility

Postural Development

- ▶ Causes of poor posture
 - ▶ Positional factors
 - ▶ Appearance of increased height (social stigma)
 - ▶ Muscle imbalances/contractures
 - ▶ Pain
 - ▶ Respiratory conditions
 - ▶ Typically can be managed conservatively through therapeutic & education



Postural Development

- ▶ Causes of poor posture
 - ▶ Structural factors
 - ▶ Congenital anomalies
 - ▶ Developmental problems
 - ▶ Trauma
 - ▶ Disease
 - ▶ Not typically easily managed



What is bad posture?

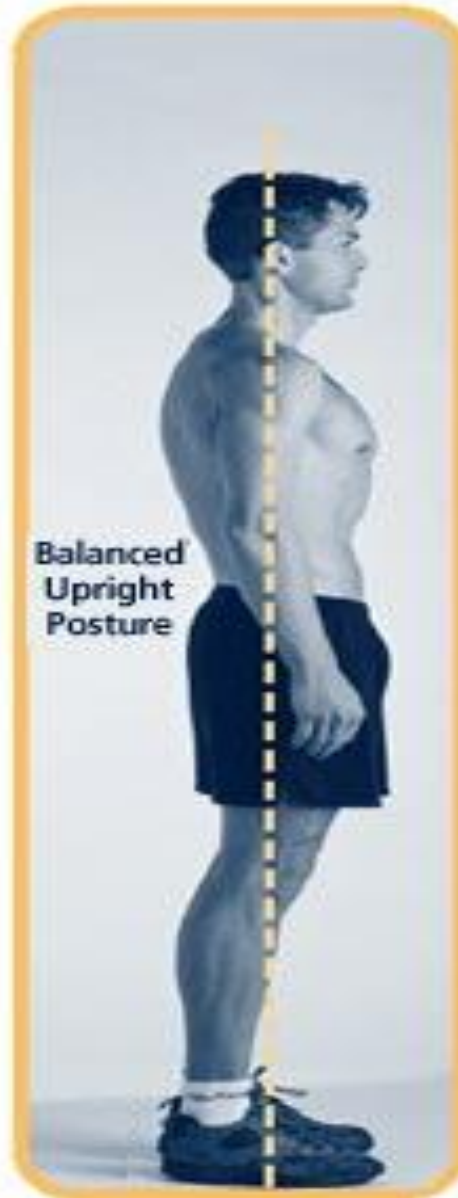


- ▶ Any position that deviates from “good posture”
 - ▶ Static
 - ▶ Standing
 - ▶ Sitting
 - ▶ Sleeping
 - ▶ Dynamic
 - ▶ Running
 - ▶ Throwing, etc.

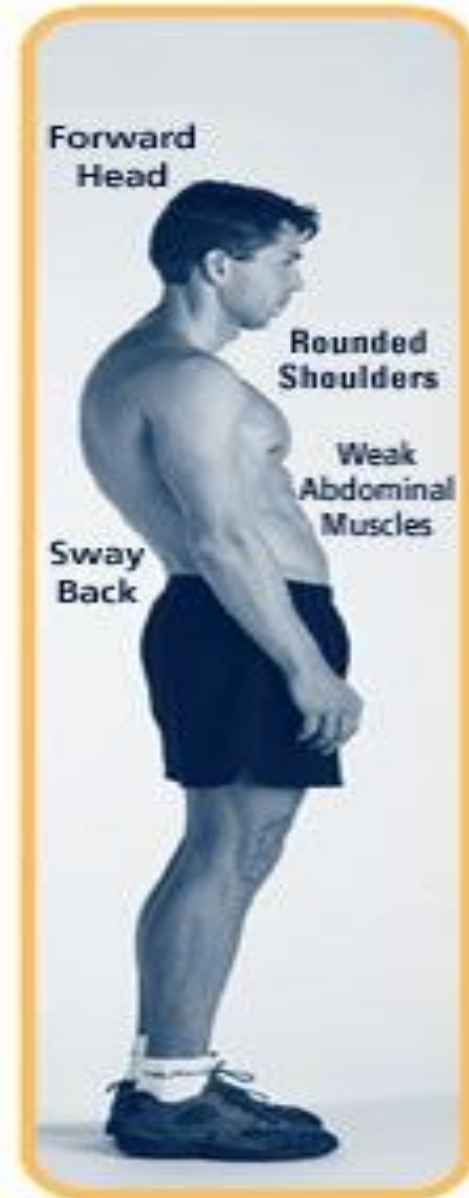
Poor Posture



Good Posture



Poor Posture



▶ Correct posture

- ▶ “Position in which minimum stress is placed on each joint.”

▶ Faulty posture

- ▶ Any position that increases stress on joints



Common Spinal Deformities

◎ Lordosis causes:

- › Postural deformity
- › Lax muscles (esp. abs)
- › Heavy abdomen
- › Compensatory mechanisms
- › Hip flexion contracture
- › Spondylolisthesis
- › Congenital problems
- › Fashion (high heels)



THANK YOU



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