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Posture & related musculoskeletal disease

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- **posture** is the relative position of the parts of the body, usually associated with a static position.
- abnormal posture contributes to patients' complaints
- many impairments within the neuromusculoskeletal system are reflected in an individual's posture.
- Posture :erect standing , postures in sitting and during activities

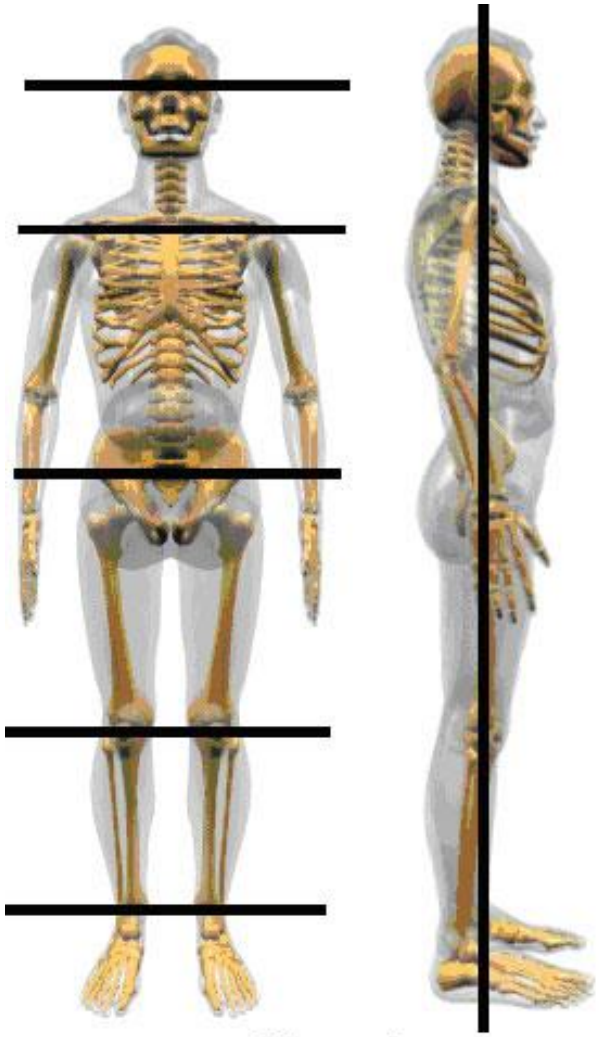
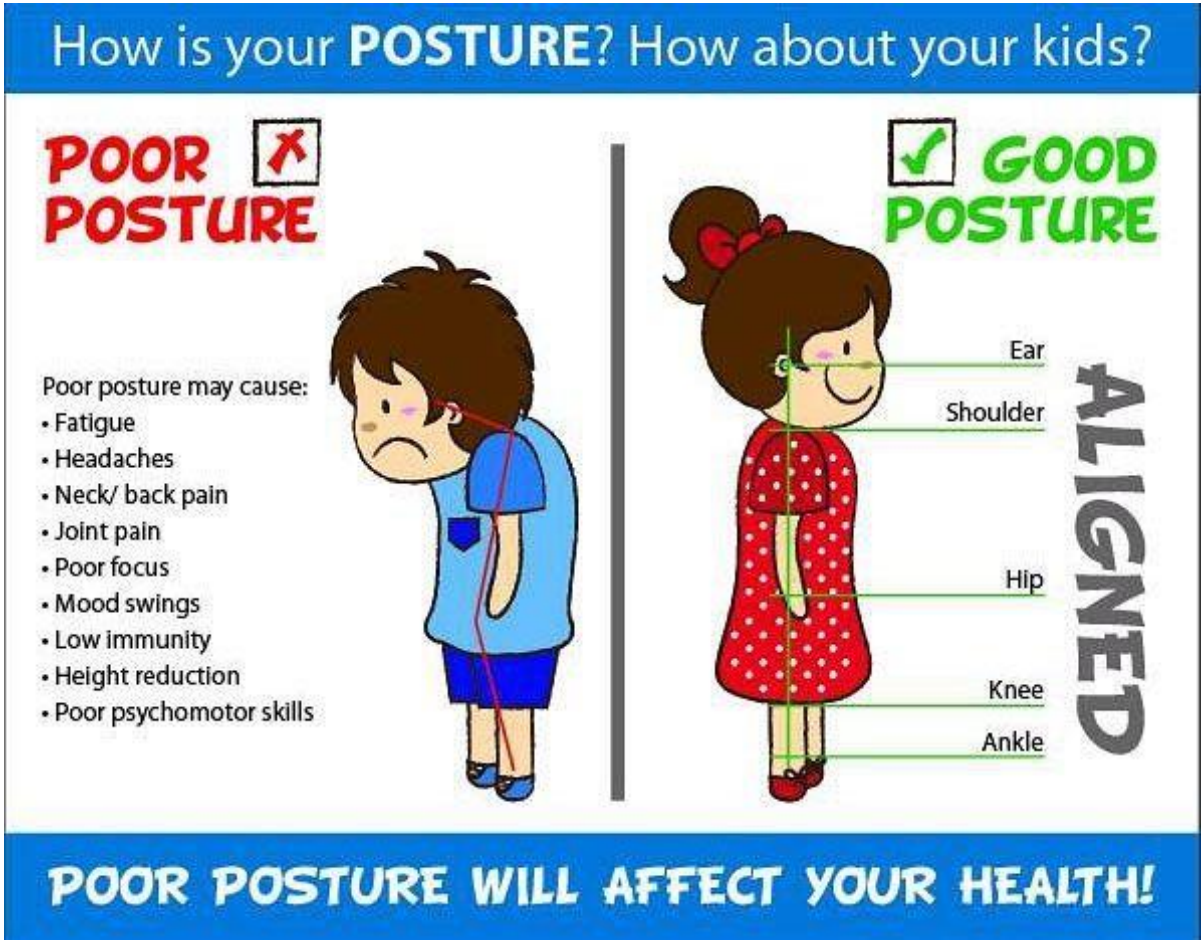
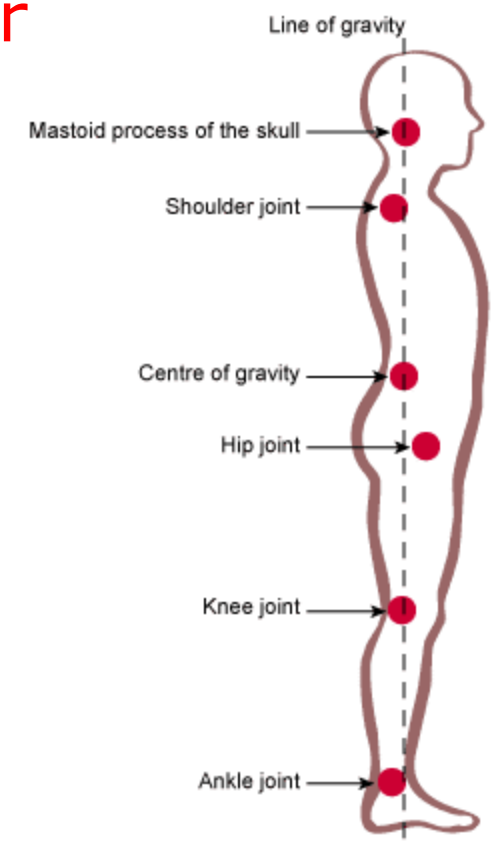


Figure 1

- faulty posture has been associated with such diverse complaints as:
  - headaches
  - respiratory
  - digestive problems
  - Axial pain(like back pain)
  - …



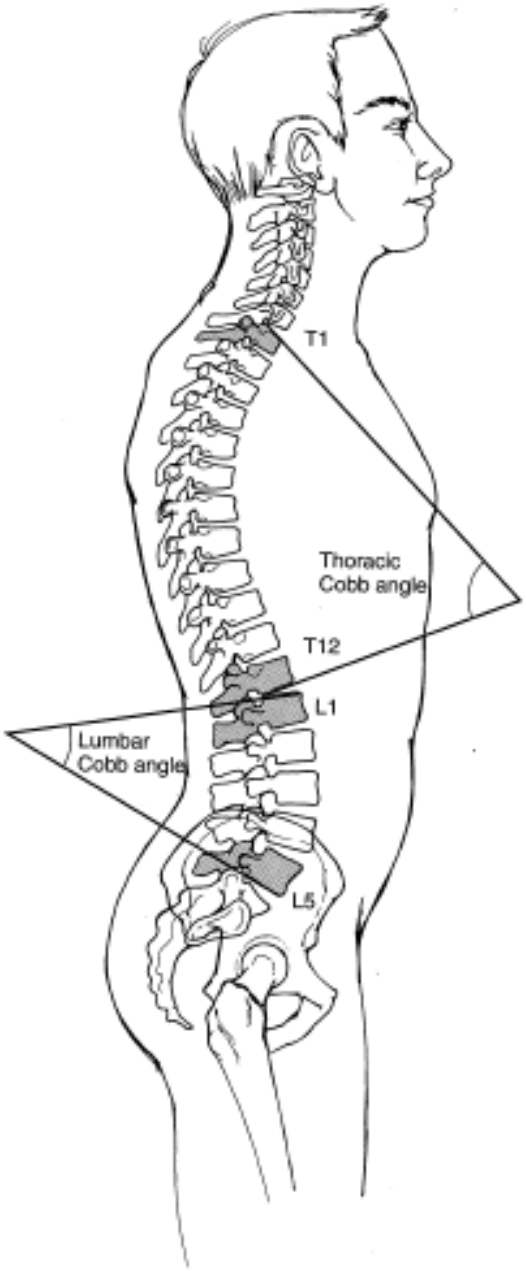
- The adult spine is characterized by a kyphosis in the thoracic and sacral regions in which the curves are convex posteriorly and a lordosis in the cervical and lumbar regions in which the curves are concave posteriorly.

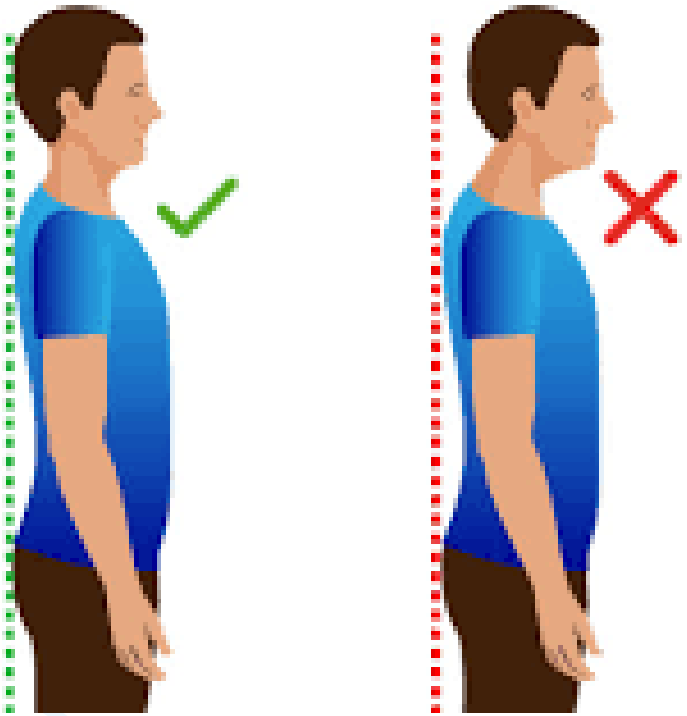


- At birth, the spine is entirely kyphotic, and consequently, the thoracic and sacral curves are primary curves.

- Development of head control by approximately 4 months of age induces the development of a cervical lordosis, and a child's progression to upright standing and bipedal ambulation lead to the formation of the lumbar lordosis.

- *Mean Cobb angles of* 20 to 70° are reported for the lumbar region and 20 to 50° for the thoracic region .

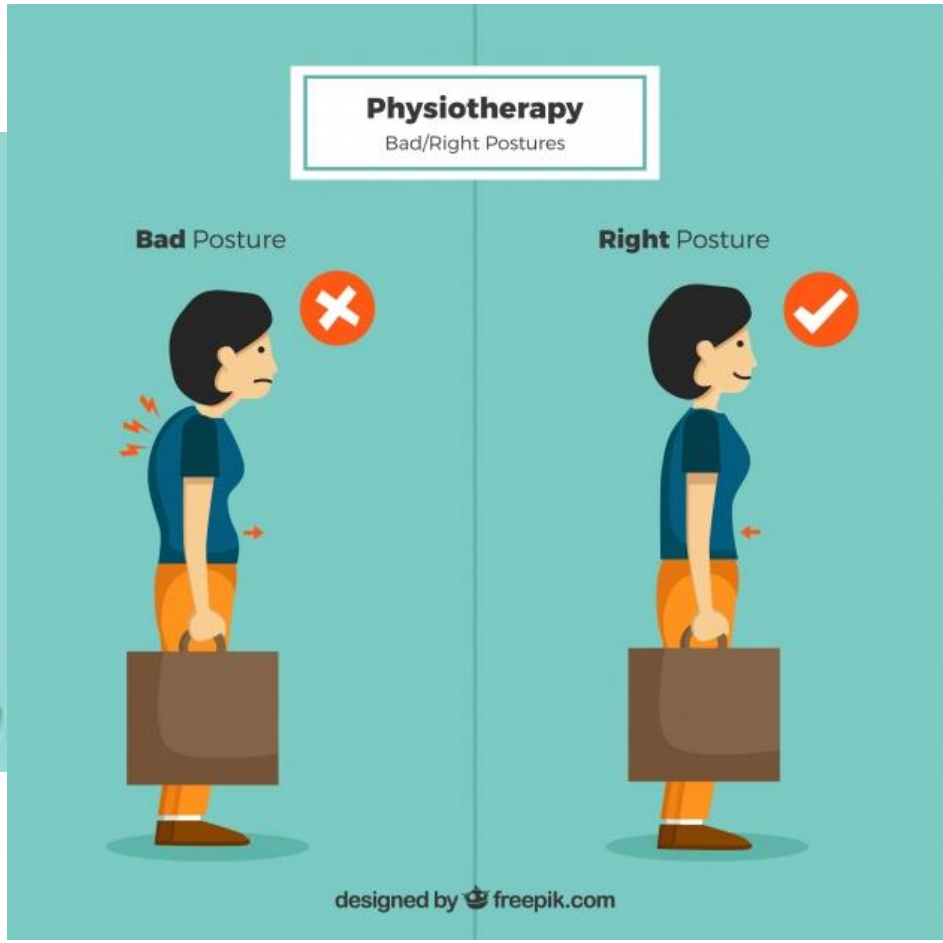




Forward Head Posture

Real Men Real Style

RMRS


Physiotherapy
Bad/Right Postures
Bad Posture
Right Posture
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部分
包邮
学生 坐姿纠正

猫太子
MAOTAIZI
全新升级款
儿童坐视宝
实用新型发明专利

猫太子
Mprince
11.11
天猫全球狂欢季
预售
顺丰包邮
前300名 付定金减20
再送纳米补水仪
预售尾款价
¥68起

Right
Wrong
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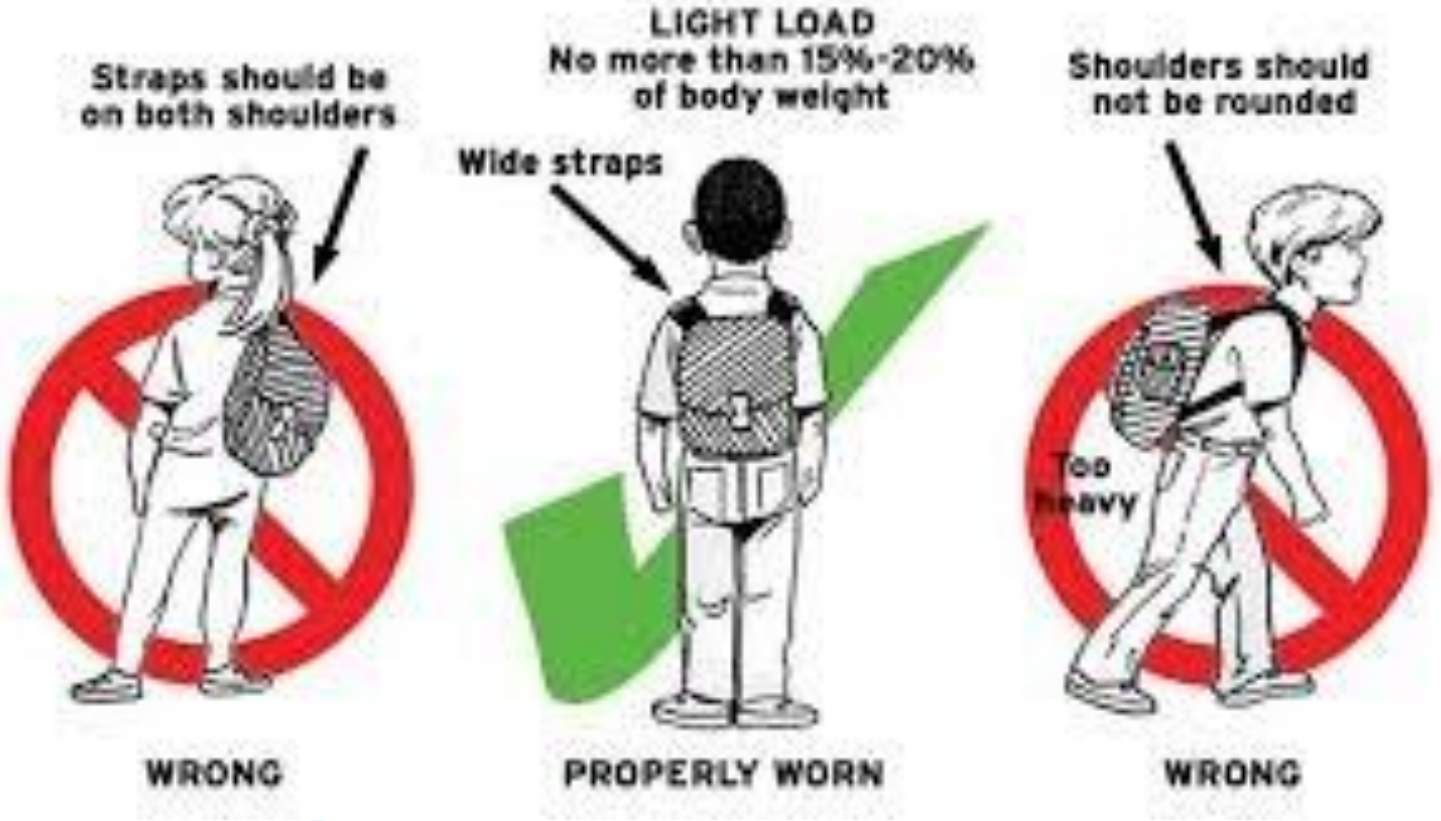
15% of child's body weight

For a 48-pound child, 15% is 7 lbs.

For a 59-pound child, 15% is 9 lbs.

For a 76-pound child, 15% is 11 lbs.

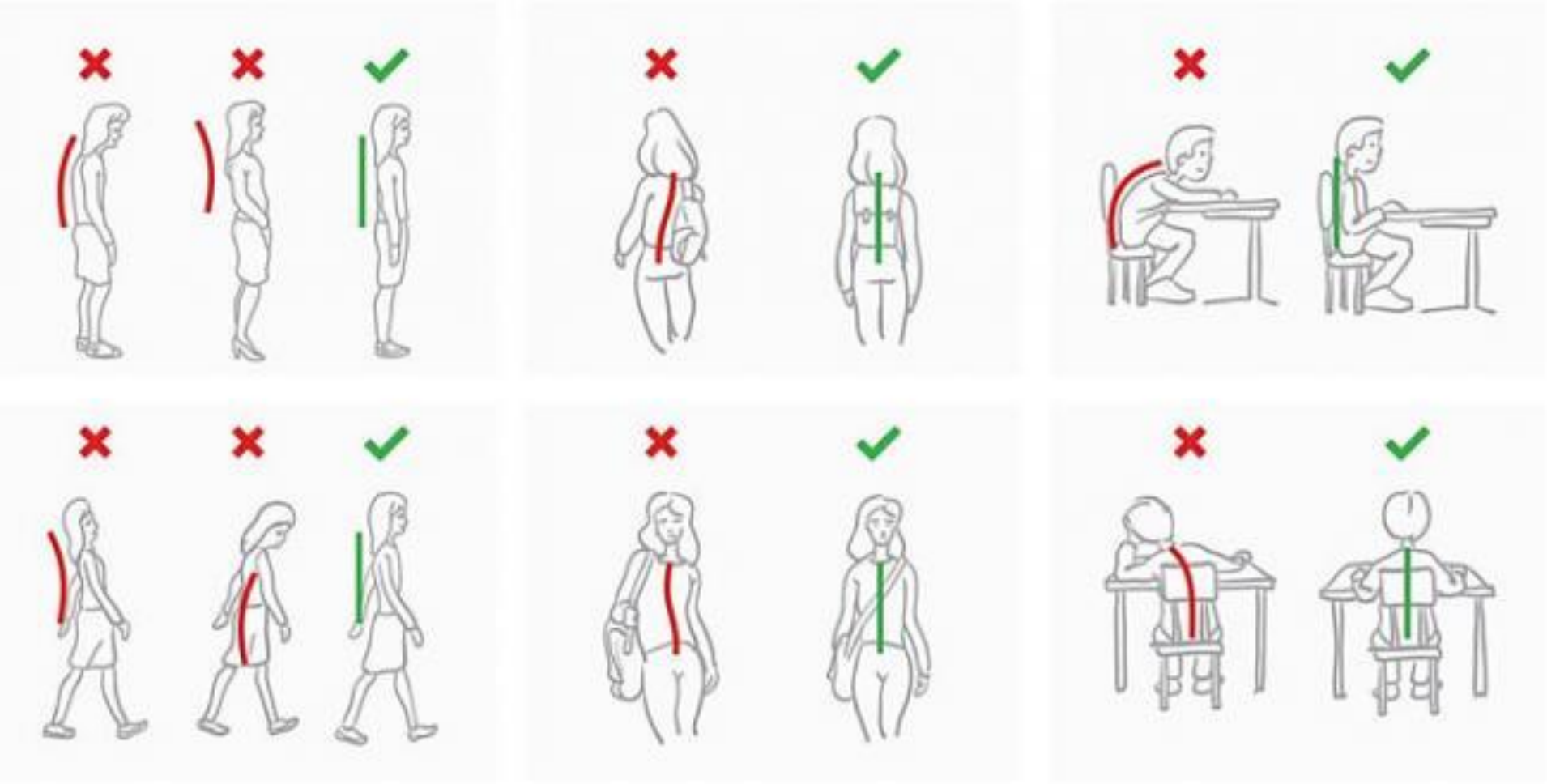

Straps should be on both shoulders
WRONG
LIGHT LOAD
No more than 15%-20% of body weight
Wide straps
PROPERLY WORN
Shoulders should not be rounded
Too heavy
WRONG

Correct and incorrect student behaviours causing postural defects

Body posture while resting and moving

Way of carrying backpack or school bag

Way of sitting in school benches



Source: NIK

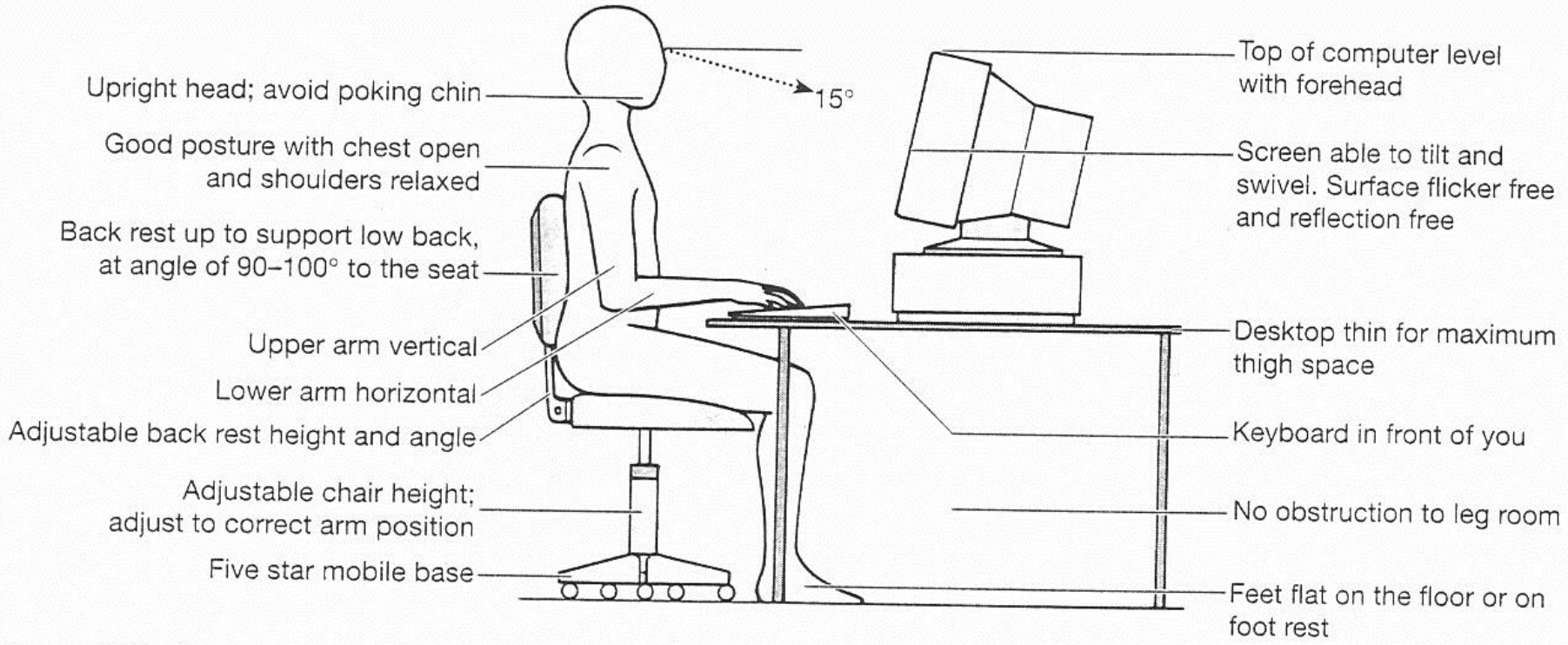


Figure 15.5 Computer workstation.

BAD
GOOD

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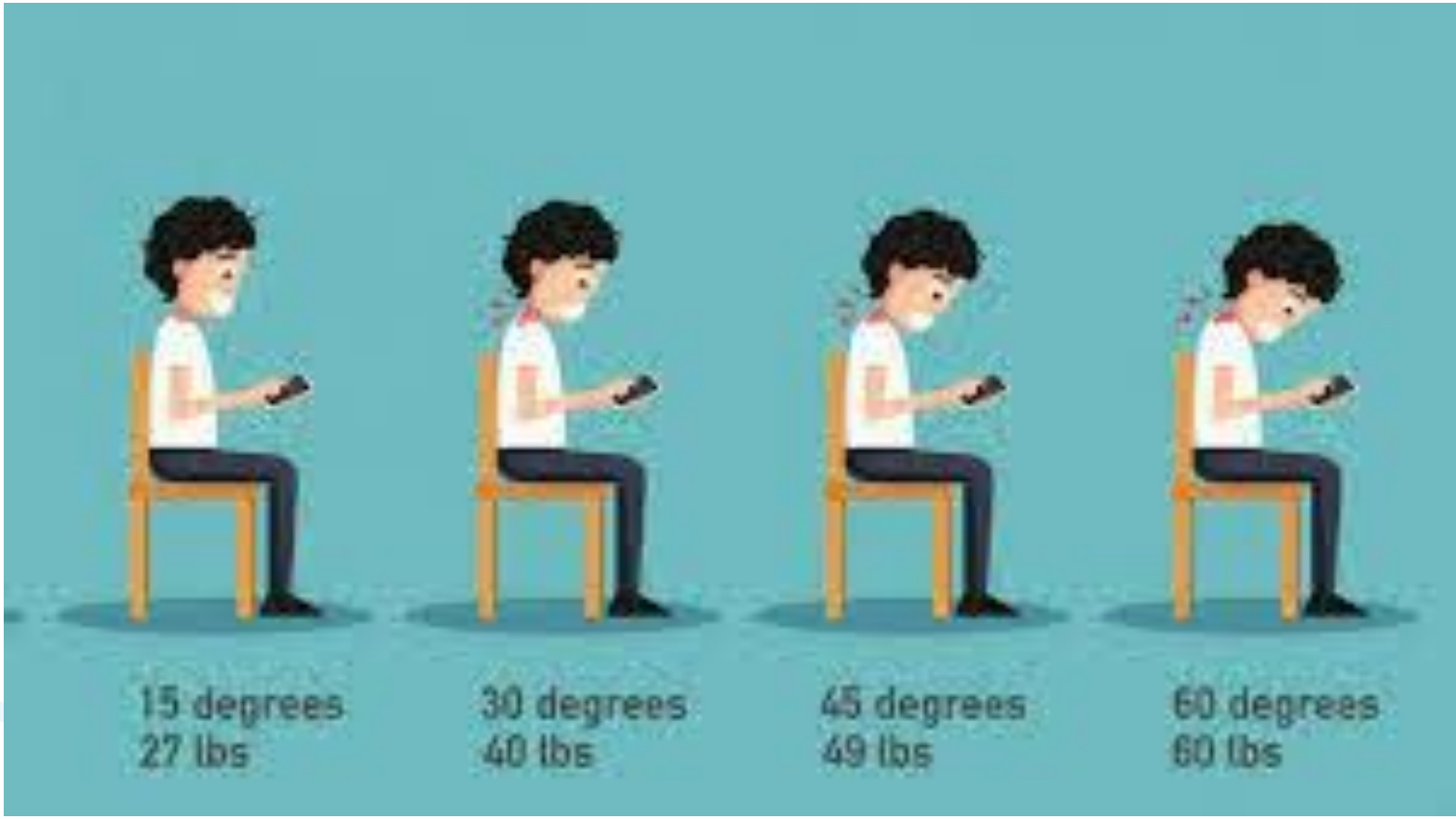
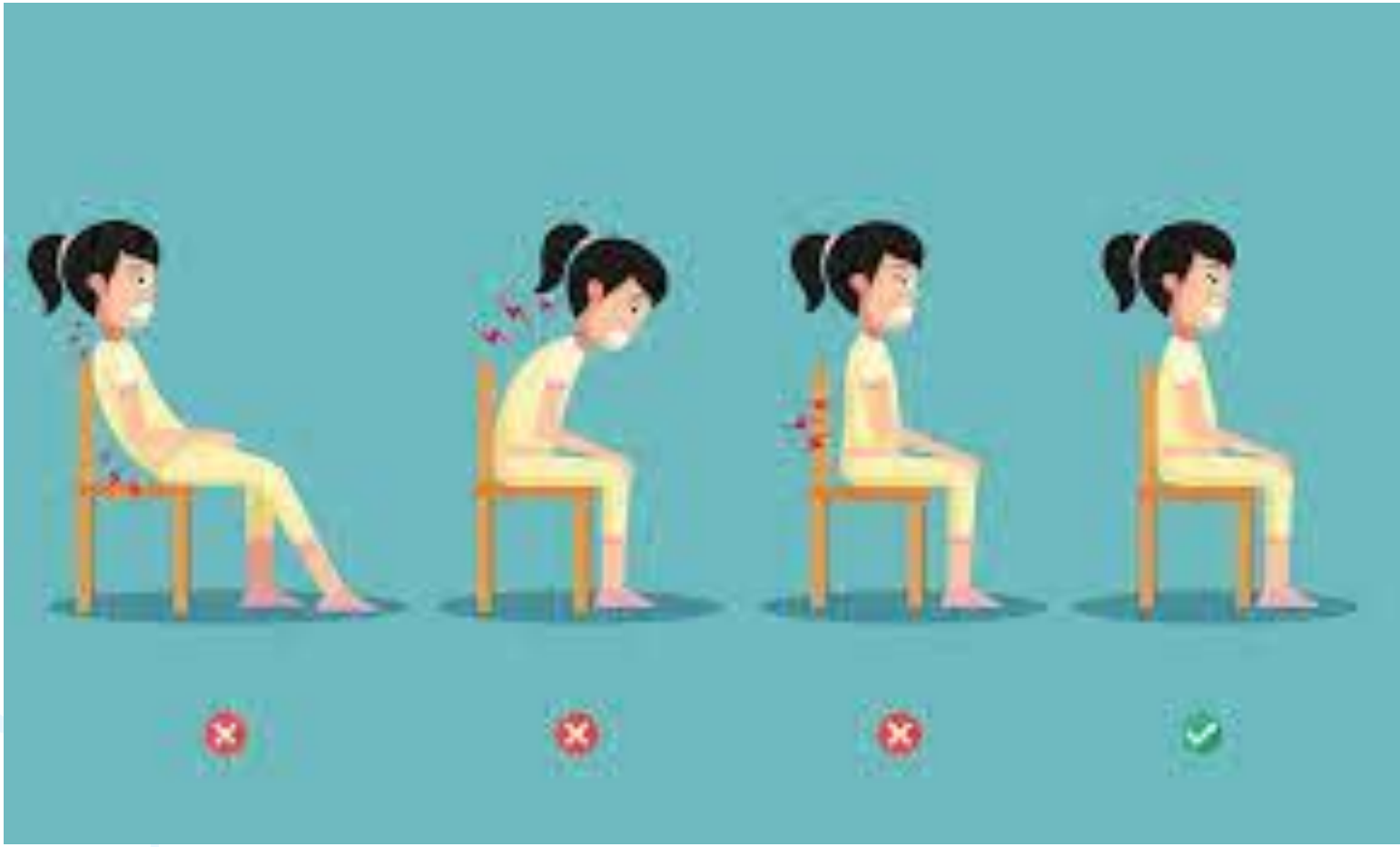
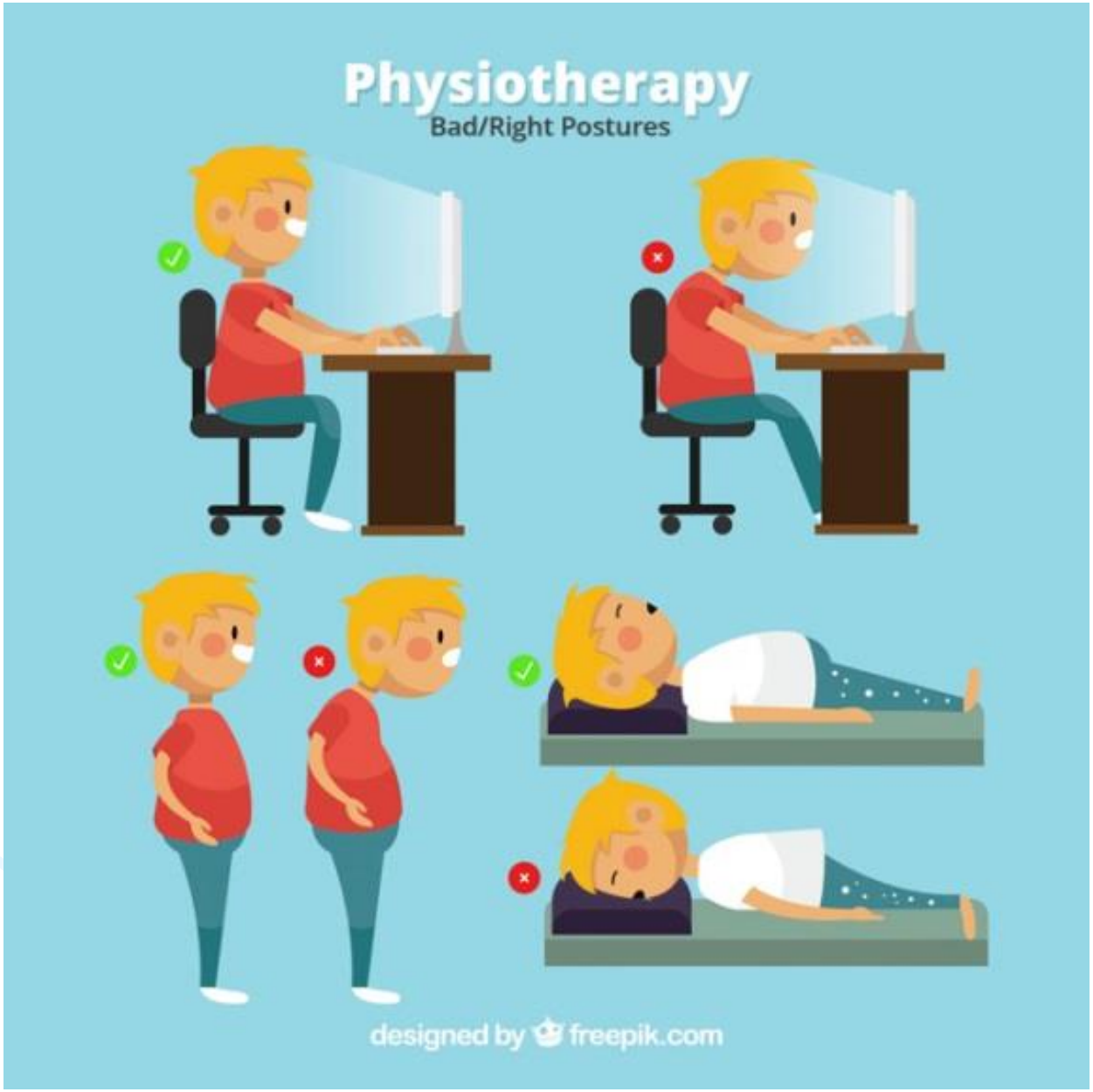

15 degrees
27 lbs
30 degrees
40 lbs
45 degrees
49 lbs
60 degrees
60 lbs




Physiotherapy
Bad/Right Postures
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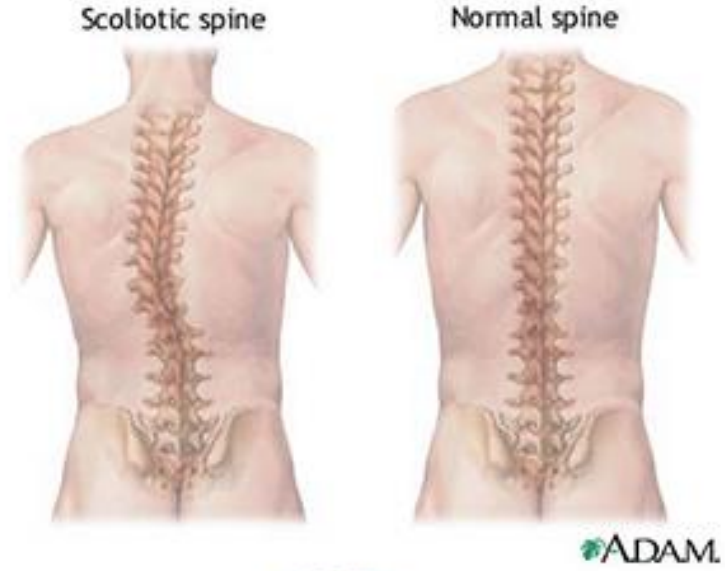
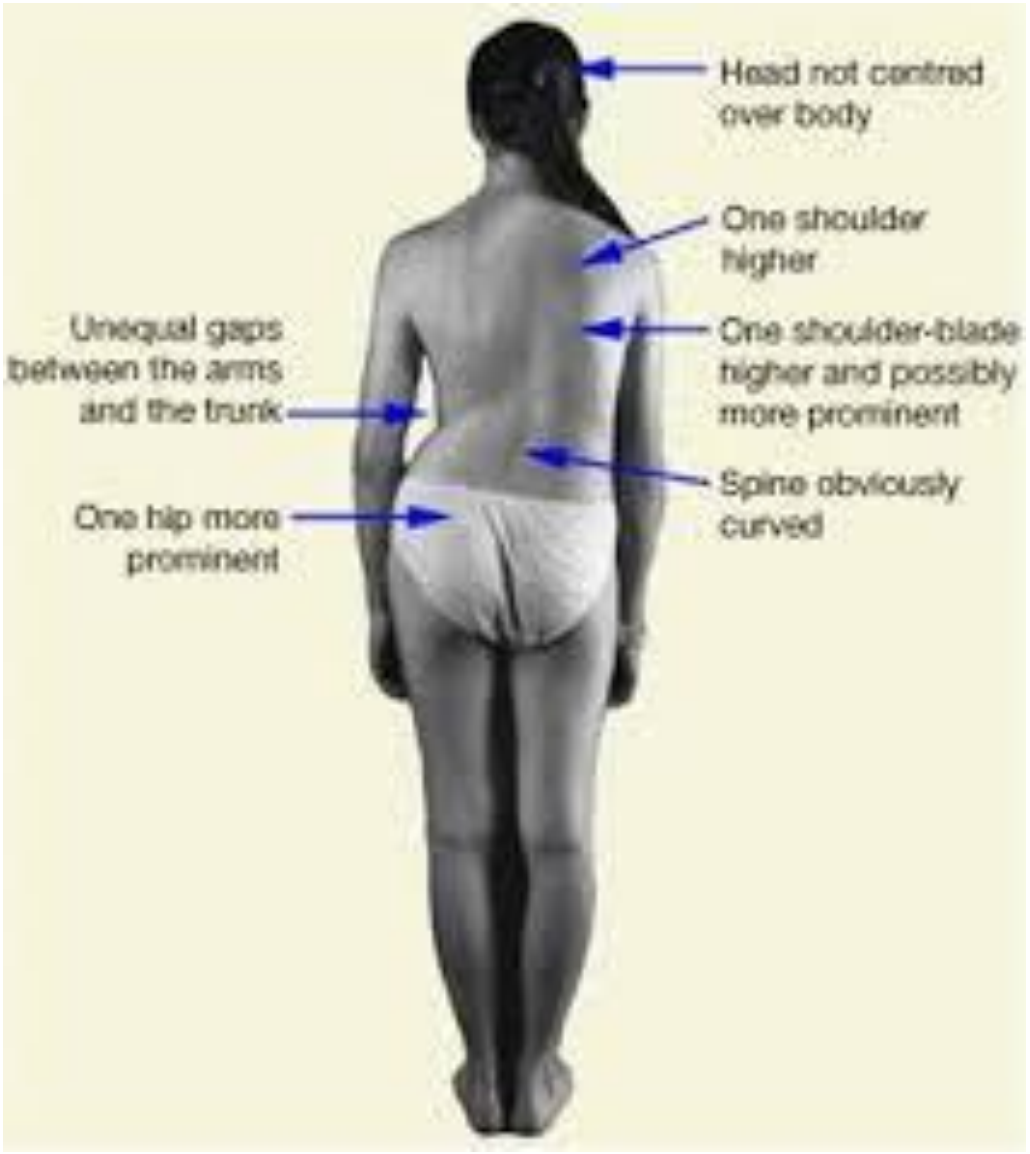
SCOLIOSIS

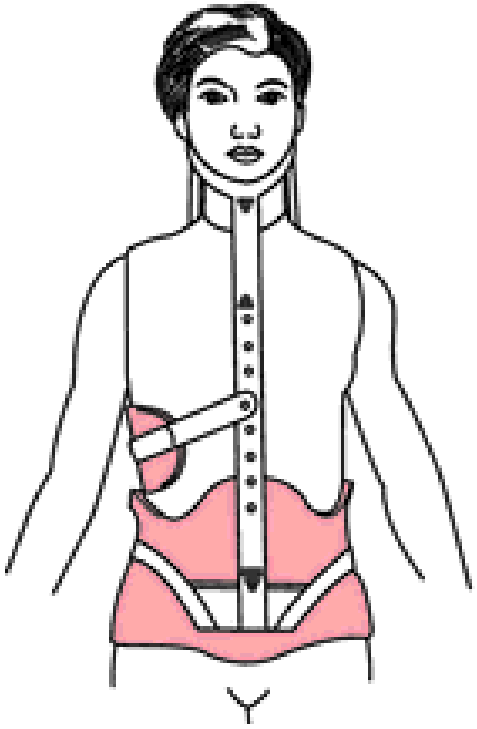

Scoliotic spine
Normal spine
ADAM.

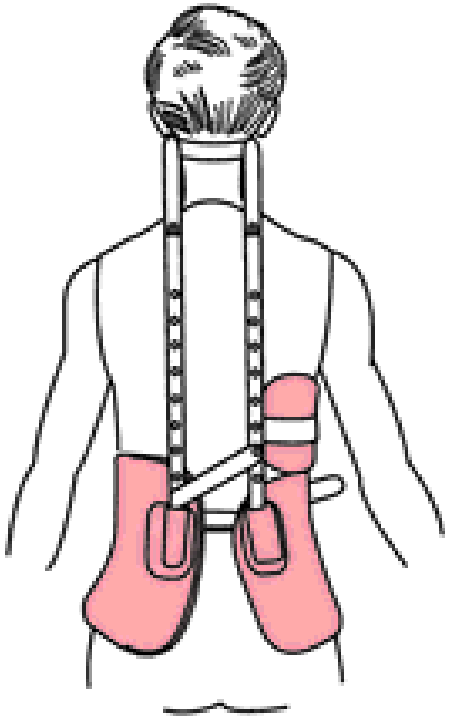
Signs of scoliosis
Uneven shoulders
Curve in spine
Uneven hips
ADAM.


Head not centred over body
One shoulder higher
Unequal gaps between the arms and the trunk
One shoulder-blade higher and possibly more prominent
Spine obviously curved
One hip more prominent

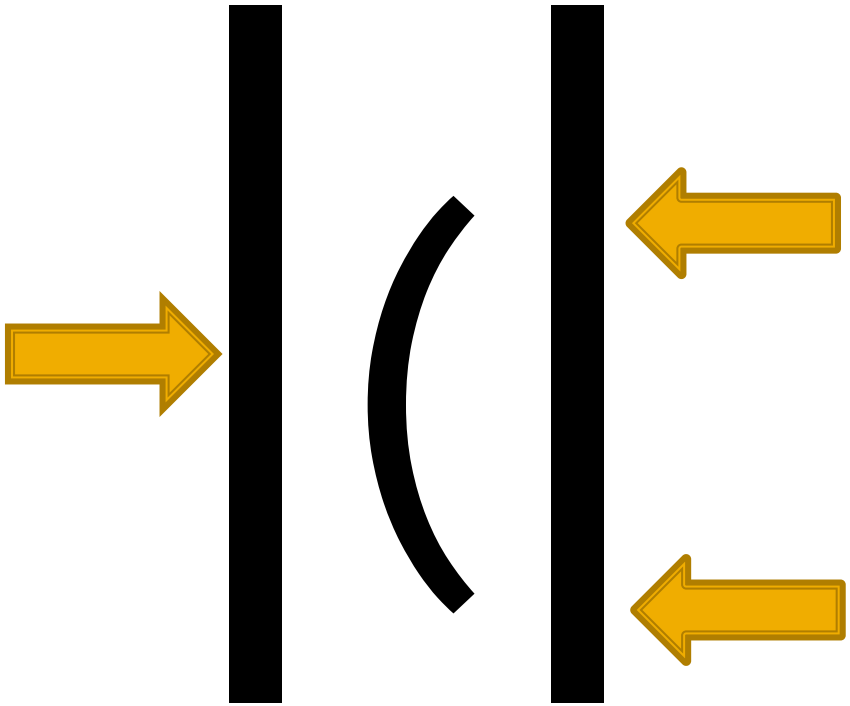
KATIE'S BEAUTY BLOG

The Milwaukee (CTLSO) brace

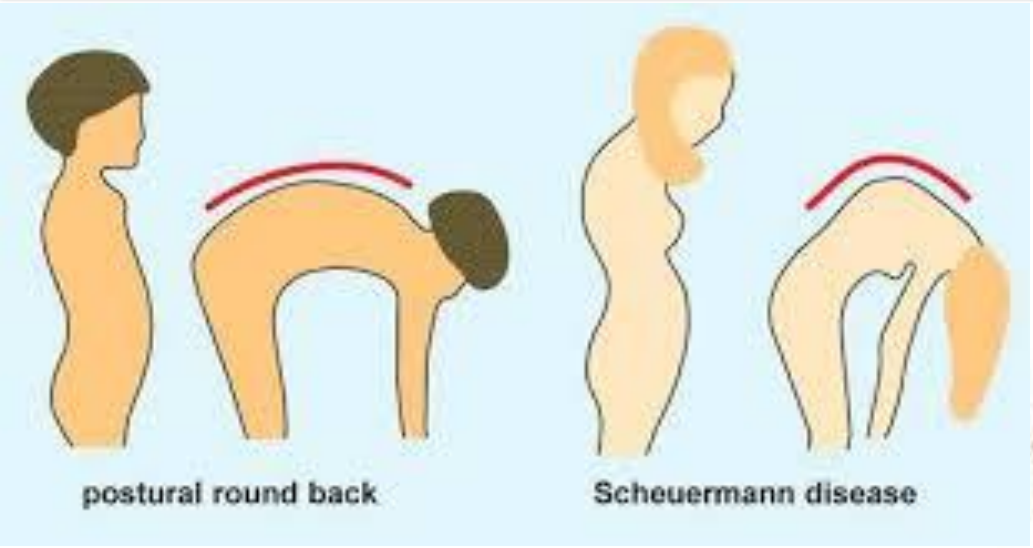


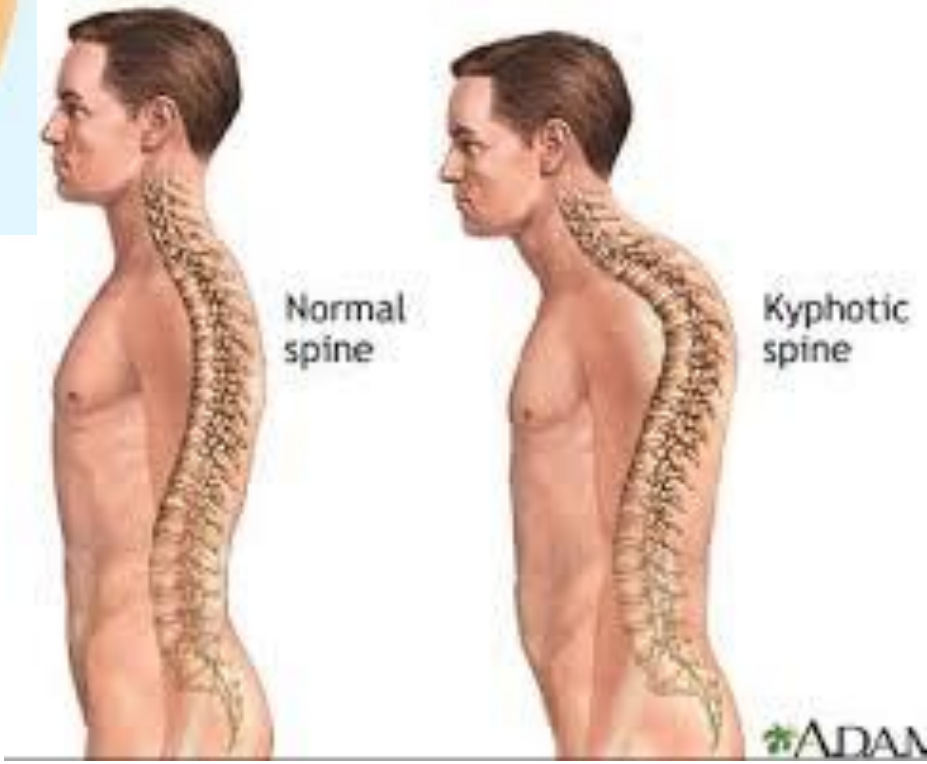


Thoracolumbosacral orthosis(TLSO)

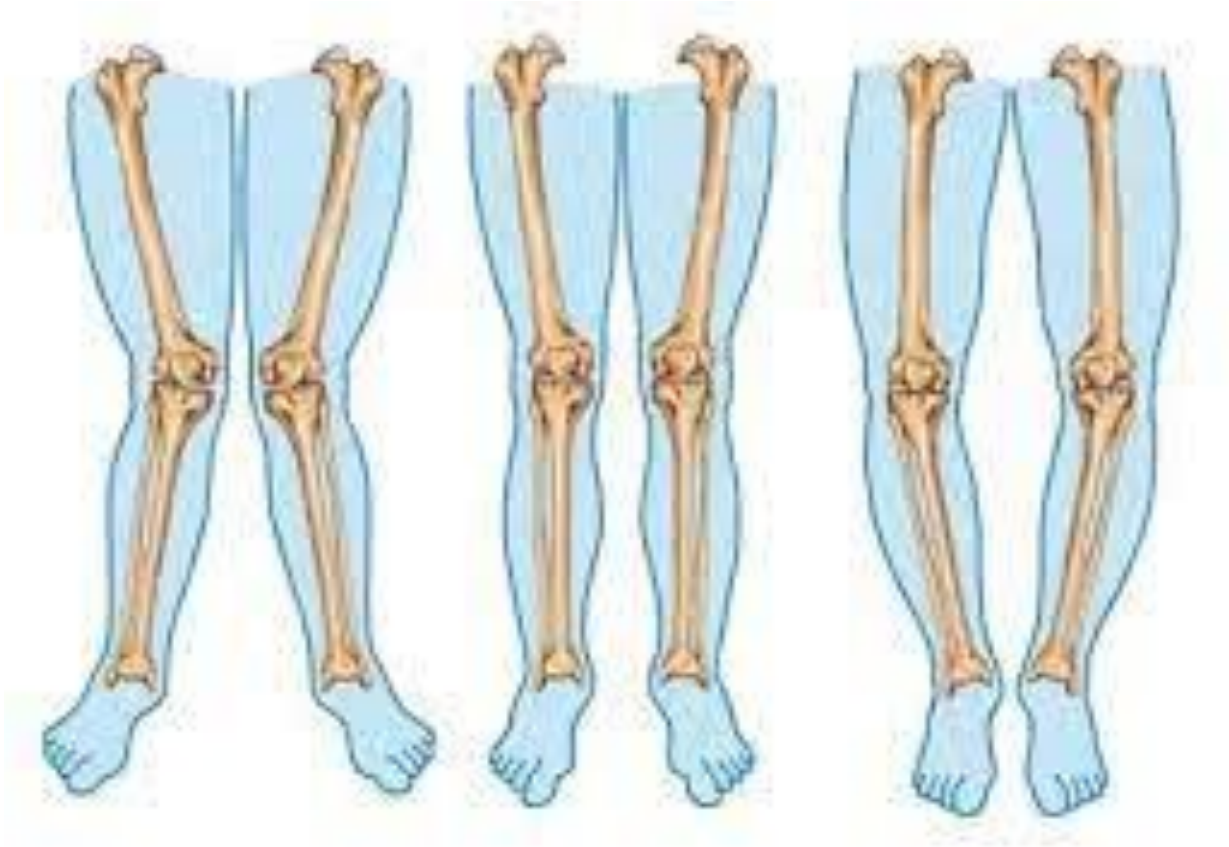


Schuermann´s disease





KNEE DEFORMITY



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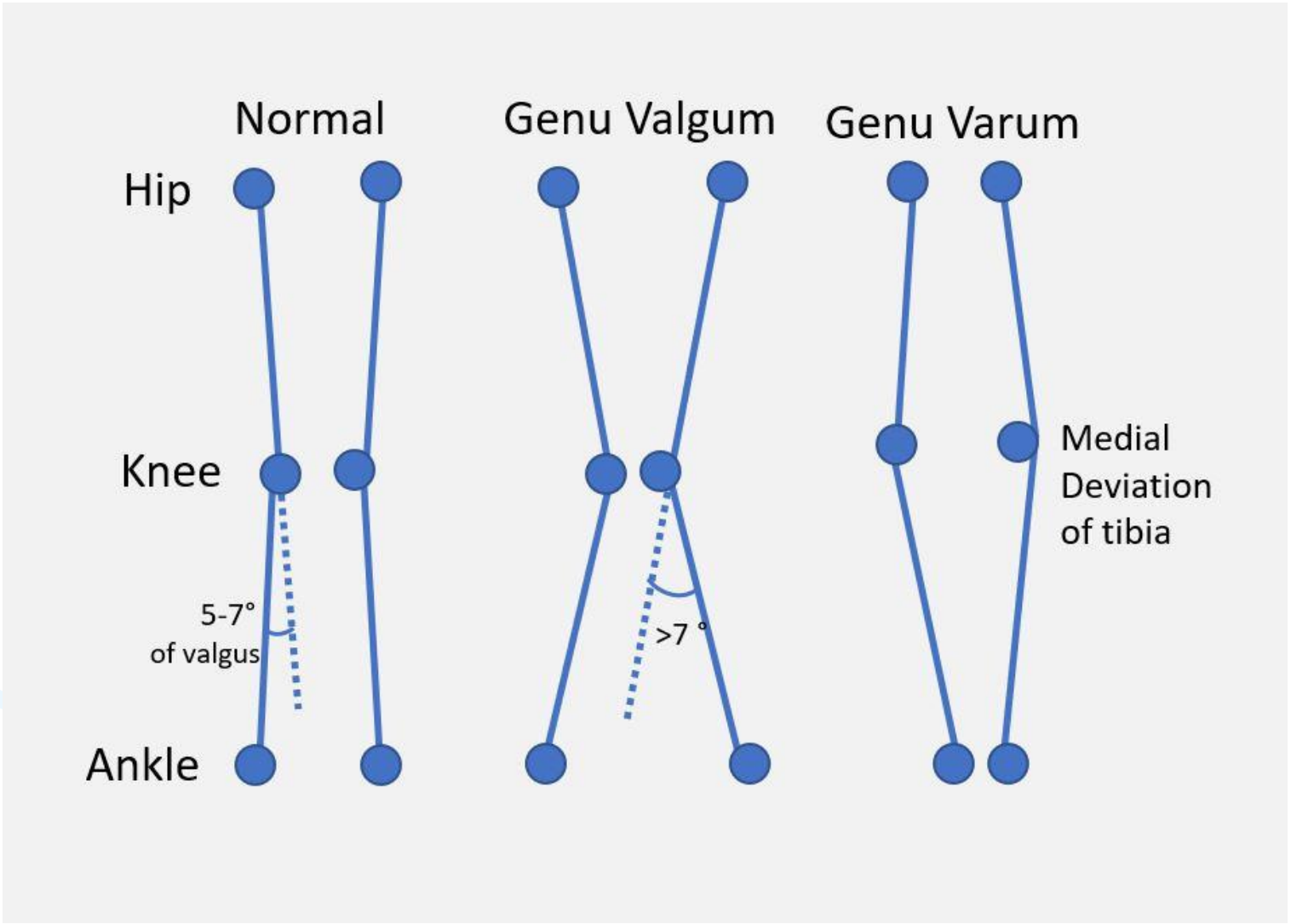
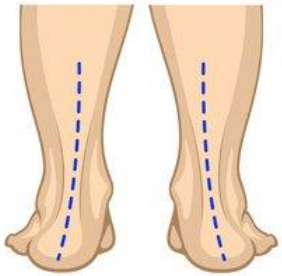
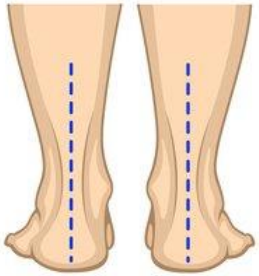
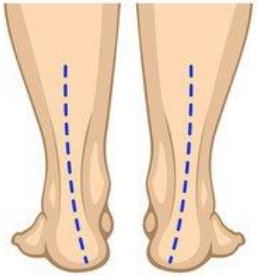
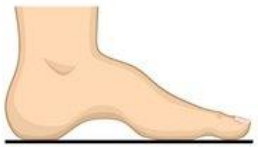

Normal
Genu Valgum
Genu Varum
Hip
Knee
Ankle
5-7°
of valgus
>7 °
Medial
Deviation
of tibia

Inspection: Standing

FOOT DEFORMITY

Deformation of the foot

Flat foot (Fallen arch)			
Normal foot			
Hollow foot (High arch)