



# Postural Deformities

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Research Paper—Physical Education

It is frequently said, “Posture expresses mental as well as physical states,” posture is an index of personality, “erect posture is an expression of intelligence”. The posture often proclaims the man. “Posture shows the rise and fall of a nation. No one can deny the validity of the above mentioned statement yet, how many of us have the privilege of good posture training in our formative years ? Do we stand and move gracefully ? How disheartening it is to see a girl dressed in a pretty party dress but possessing such poor postural characteristic as rounded upper back a poked head or a protruding abdomen most of the people with poor posture will become progressively worse as they grow older. Indication of bad posture are forward head, sunken chest, round shoulders, hollow back, protruding abdomen, protruding buttocks, locked knees and weight thrown on the inner borders of the feet, penalties of poor posture are “dowagers hump”, neck ache, backache, double chin, winged scapulae, fallen arches, middle age spread “spare tires around the waist.”

As it is said bad posture not only looks bad, but it is bad-bad for ones appearance, bad for ones efforts at success in life, and in case of extremely bad posture, it is bad for ones health. It puts a strain on the lower back causing backache, it makes the menstrual cycle difficult, and it causes general fatigue and lower muscle tone. In extreme cases, it may hamper heart muscle and lung mechanism and interfere with normal digestive functioning. All these effects react unfavorable on both the mind and the spirit, producing poor out-look one life. As ones body sags, so

does ones spirit sags”. Build the more stately mansions is an obligation of the body as well as of the soul for each affect the other immeasurably. Marked deviations observed during stating screening may be indicative of increased risk of injury. For example, when the knees, ankles, and face are not in line, forces transmitted during running or jumping may be directed laterally, causing kneen injury. Exaggerated spinal curvatures will also results in alteration of the normal transmission of force. A serious deviation may cause significant change in muscle strength or usage. Greater muscle force would be than required to maintain an optimum upright posture. Faulty posture involving exxcess tension or requiring excess muscular involvement for motion results in fatigue and inefficient movement, which may predispose the individual to injury.

**Psychological Aspects-**There are several psychological aspects of postural problems with which the instructor should be prepared to deal. All the postural problems can not be explained in terms of physical causes, musculoskeletal or environmental. A typical posture may be symptoms of personality problems or emotional disturbances. The hanging head and drooping shoulders of some adolescent girls are often not physical in origin but are symptoms of shyness and poor self-concept. The same is true of the small man whose bantam cock posture is merely an over compensation for his feeling of inferiority. One pernicious psychological cause of undersirable posture among girls is the example set by fashion modles. This influence on certain girls is more difficult to combat than any other cause of poor posture.

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An important role of psychology in posture education is that of motivation. No matter how well the teacher or therapist has selected the exercise, and no matter how conscientiously the student or the patient practices them, they will have little effect in improving the habitual postural pattern unless the student or patient is motivated to want to improve them. Psychology is used as a technique of treatment by those who like the methods of using mental concepts to improve body image, and to change neuromuscular pathways.

During the elementary school years of growth and development, many postural patterns of adult life are formed. Therefore, a great concern has been contoured upon the posture of elementary school children. Our athletes are splendid in developing our muscles, our heart and lungs. Our muscular resistance, our builds are often asymmetrical in their specific effects. A pitcher, a tennis player, a quarter back, plays and throws intensively with one arm and further develops leg accuracy, abdominal and back control best adopted to this one sided delivery. "Effective posture enhances the feeling of well being. There is in the ability to consciously stand well the same joy which comes with any skill. To know that you

know that you know how to stand well, that you can and are standing well gives a feeling of self-confidence and poise..." The faulty body mechanics (in standing) can cause painful condition "has become a well established concept in the field of orthopedic surgery, and is one of the basic concepts in the relatively new field of physical medicine" pain is caused by pressure from some firm structure (bone, cartilage, taut muscle etc.) on any part of a nerve or by tension (stretch or strain) of a structure (Muscle, tendon ligament) which contains nerve endings.

Each of us has his own characteristic sitting, standing and walking habits, which are the results of some combination of health and of body type with educational, occupation, psychological or mechanical fluencies and no two of us can be expected to look alike in posture any more than in face. Certain family similarities show in bodies as in faces but environmental factors influence health of mind and body so markedly that family characteristics are less marked postures than in such purely inherited traits as colors of eyes and hair and shape of nose.

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