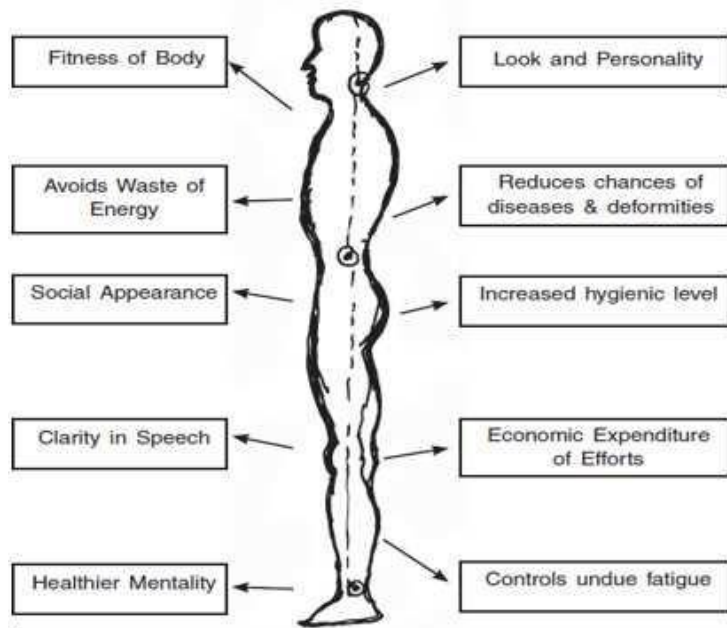


UNIT-4 POSTURE CORRECT POSTURE

Key Points :

- Concept of correct postures - standing and sitting.
- Advantages of correct posture.
- Causes of Bad Posture
- Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scolioses.
- Physical activities as corrective measures.

Balanced and Well Co-ordinated Body movement



4.1 Definition : Good or Correct posture is one, in which the body is so balanced as to produce least fatigue



Correct Sitting Posture

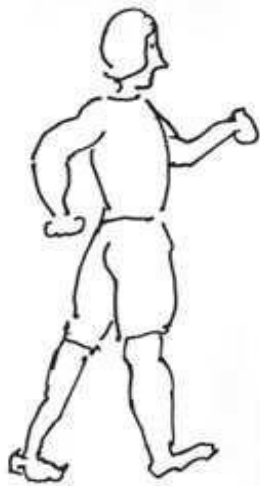
Meaning : Correct or good posture in the position of body held without any sense of effort. The efficiency of body depends upon good posture. It is directly related to the

Key Notes

health status of an individual. By good posture the various organs of the body get rest, the body does not get easily tired and the person remains in good health.

A. Correct Sitting Posture : In correct sitting posture the back bone should be so the natural curve should be visible. The upper region of back bone should be straight against back of chair. Head should be in line to hip and shoulder. Arms should be balanced, the waist should touch the back of chair. Thigh should be in straight line resting on seat legs should rest vertically on feet.

B. Correct Standing Posture : In correct standing posture, feet apart about 8 to 12 inches. Feet should be parallel to each other and balanced evenly on both feet. Hold the head straight, chin parallel to floor, keep shoulder, hips and knees in straight line. From side view ear, shoulder, hip, knee and ankle should be centred along an imaginary straight line. The centre of Gravity (C.G.) should be with the centre of Gravity.



Correct Posture of walking

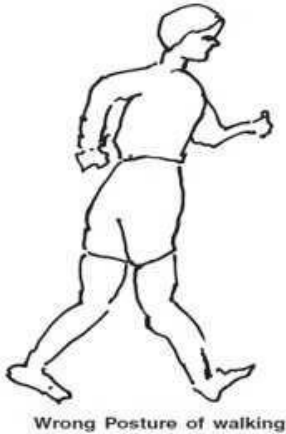
4.2 Advantages of Correct Posture:

- (i) Good physical Appearance
- (ii) Grace & Efficiency of movement-
 - Physical Fitness
 - Hygiene Value
 - Social Value

Correct Sitting Posture

- Economic Value
- Prevent Disorders & Diseases
- Change in mental Attitude
- Lessen the Fatigue
- Improves Speech
- Psychological Balance
- Improves Appetite

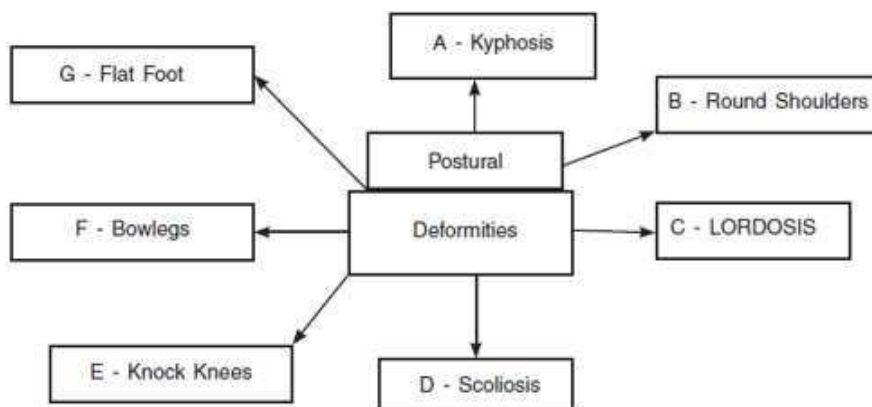
- Reduce Postural Deformities
- Better Skill perfection
- Better Selection of Players
- Good Body Balance



4.3 Causes of Bad Posture

- (i) Accident
- (ii) Diseases
- (iii) Lack of Nutritional Diet
- (iv) Wrong Postural Habit
- (v) Improper Treatment
- (vi) Psychological Stress
- (vii) Lack of Sufficient Strength
- (viii) Age Factor
- (ix) Poor Eyesight
- (x) Bad Shoes or Clothing
- (xi) Obesity
- (xii) Taking Heavy Weight on one side

4.4 Common Postural Deformities



4.5 Corrective Measures

Key Notes

A. Kyphosis - It cause hump at back of body shoulder comes forward and neck drops forward - It is also called round upper back.

B. Round Shoulders - It is the postural defect in which shoulders are projected forward.

Corrective measures -

- (i) Chakra Asanas
- (ii) Dhanur Asanas
- (iii) Bhujang Asana
- (iv) Ushttt Asanas
- (v) Backward Bending
- (vi) Use pillow and sleep straight
- (vii) Holding the horizontal bar regularly for some line

C. LORDOSIS - Inward curvature of the spine, the abdomen is ahead of body and shoulder comes out ward and side ward, Body weight shifted back ward.

Corrective Measures - Forward Bending Asanas.

- (i) Paschimotan Asanas
- (ii) Halasanas
- (iii) Forward Bending
- (iv) Alternate Toe Touching
- (v) Stoop Walking (Long Stride Walking)
- (vi) Proline Lyins.

SCOLIOSIS : It is problem of spine in which vertibral column bends to sideward.

Corrective measures -

- (a) Ardh Chakra Asanas
- (b) Trikon Asanas
- (c) Tarr Asanas
- (d) Chin-ups

KNOCK KNEE : In this thigh bend inward and knees strike each other while walking & running.

Corrective measures :

- (a) Vriksh Asanas
- (b) Akarr Dhanur Asanas
- (c) Padma Asanas
- (d) Pillow Walking
- (e) Outward walking
- (f) Horse Riding
- (g) Walking Calipers

Key Notes

BOW LEGS : This is the defect of legs in which legs bend outward. The space between knees widens up and legs take curve shape

Corrective measures :

- (a) Ardh chakra Asanas
- (b) Garud Asanas
- (c) Ardh Matsendra Asanas
- (d) walking Inward
- (e) Walk on bend toe of the feet

FLAT FOOT : In this default of feet person gives complete print of their foot sole over the plane surface. In flat foot the inner curve of foot bulges more than normal.

Corrective measures :

- (a) Tarr Asaras
- (b) Walking on sand
- (c) Regular running
- (d) Good quality shoes
- (e) Pressure over foot
- (f) Writing with foot
- (g) Rope skipping
- (h) Sit down hold wad of paper by toes
- (i) Jumping on toes regularly
- (j) Performing up and down the heels regularly