



FAQs

Q1. Define ideal postures.

Ans: Ideal postures are those assumed to perform an activity in the most efficient manner utilizing the least amount of energy.

Q2. Define static and dynamic posture.

Ans: Static posture- A constant pattern of posture is maintained by the inter-action of groups of muscles which work more or less statistically to stabilise the joints, and in opposition to gravity or other forces. In the erect posture they preserve a state of equilibrium.

Dynamic posture- This type of active posture is required to form an efficient basis for movement. The pattern of the posture is constantly modified and adjusted to the meet the changing circumstances which arise as the result of demand.

Q3. What are the factors for maintaining an ideal posture.

Ans: Factors maintaining an ideal posture are:

1. Muscles
 2. Nervous control
- Postural reflex
- i. The muscle
 - ii. The eye
 - iii. The ears
 - iv. Joint structure

Q4. What are the benefits of maintaining an ideal posture?

Ans: The benefits of maintaining an ideal posture are

- if keeps bones and joints in the correct alignment so that muscles are being used properly.
- if helps decrease the abnormal wearing of joint surfaces that could result in arthritis.
- if decreases the stress on the ligaments holding the joints of the spine together.
- if prevents the spine from becoming fixed in abnormal positions.
- if prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- if prevents strain or overuse problems.
- if prevents backache and muscular pain.
- if contributes to a good appearance.

Q5. Explain the treatment procedure of poor posture.

Ans: The procedures of treating poor posture are:

- assessment and diagnosis of postural habits
- postural education and training
- manual therapy and soft tissue massage
- dry needling
- postural taping
- electrotherapy
- joint mobilization
- corrective exercises and movements to improve flexibility, strength and posture
- activity modification advice
- advice regarding ergonomic work stations
- pilates exercises
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Q6. Define a poor or bad posture.

Ans: A posture becomes poor or bad when our spine is positioned in unnatural positions, in which the curves are emphasized and this results in the joints, muscles and vertebrae being in stressful positions

Q7. What are the causes of bad posture?

Ans: The causes of poor or bad posture can be divided into two categories: positional and structural.

Structural causes are basically permanent anatomical deformities that may not amenable to correction by conservative treatments. However, some leg length inequalities and some ankle and foot issues can be corrected conservatively.

Positional causes of poor posture include:

- poor postural habit—for whatever reason, the individual does not maintain a correct posture.
- psychological factors, especially self-esteem.
- normal developmental and degenerative processes.
- pain leading to muscle guarding and avoidance postures.
- muscle imbalance, spasm, or contracture.
- joint hyper-mobility or hypo-mobility.
- respiratory conditions.
- general weakness.
- excess weight.
- loss of proprioception—the ability to perceive the position of our body.
- over reliance on passive support from a non-ergonomic chair.

Q8. Explain the procedure to examine a posture.

Ans: Examination of a posture includes:

- observation of the patient as they sit and move about.
- spinal alignment.
- measurement or estimation of the deviation from ideally erect postures using plumb lines, inclinometer, and posture guides —done in three or all four views.
- limb length and girth measurements.
- flexibility tests and joint mobility tests muscle length and strength tests.
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Q9. Explain the benefits of stretching exercise in the management of poor posture.

Ans: Shortened agonist muscles must be stretched before the antagonist muscles can be optimally exercised to increase their strength, or vice versa. Depending on the condition, manipulation may also be required to release an accompanying joint fixation. Therefore, manipulation should be added to the list of posture correction therapies.

Q10. Explain the best way to present a good posture in the management of poor posture.

Ans: The best way to present a good posture in the management of poor posture is that if the complete pattern of good posture does not emerge, it must be built up gradually and progressively from complete relaxation. A state of balanced tension and much concentration is required at first, but the effort and tension are progressively reduced by repetition.