

Postural disorders



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What is posture?

The body's position in space that maintains balance during both dynamic movements and static positions. It represents the body's automatic and unconscious reaction to the force of gravity.



What are postural disorders?

- Abnormalities in the alignment of the body
- Result from muscle imbalance, structural deformities, or habitual positions



Causes of postural disorders

- Muscle imbalance
- Sedentary lifestyle
- Poor ergonomics
- Injury
- Structural abnormalities
- Neuromuscular conditions

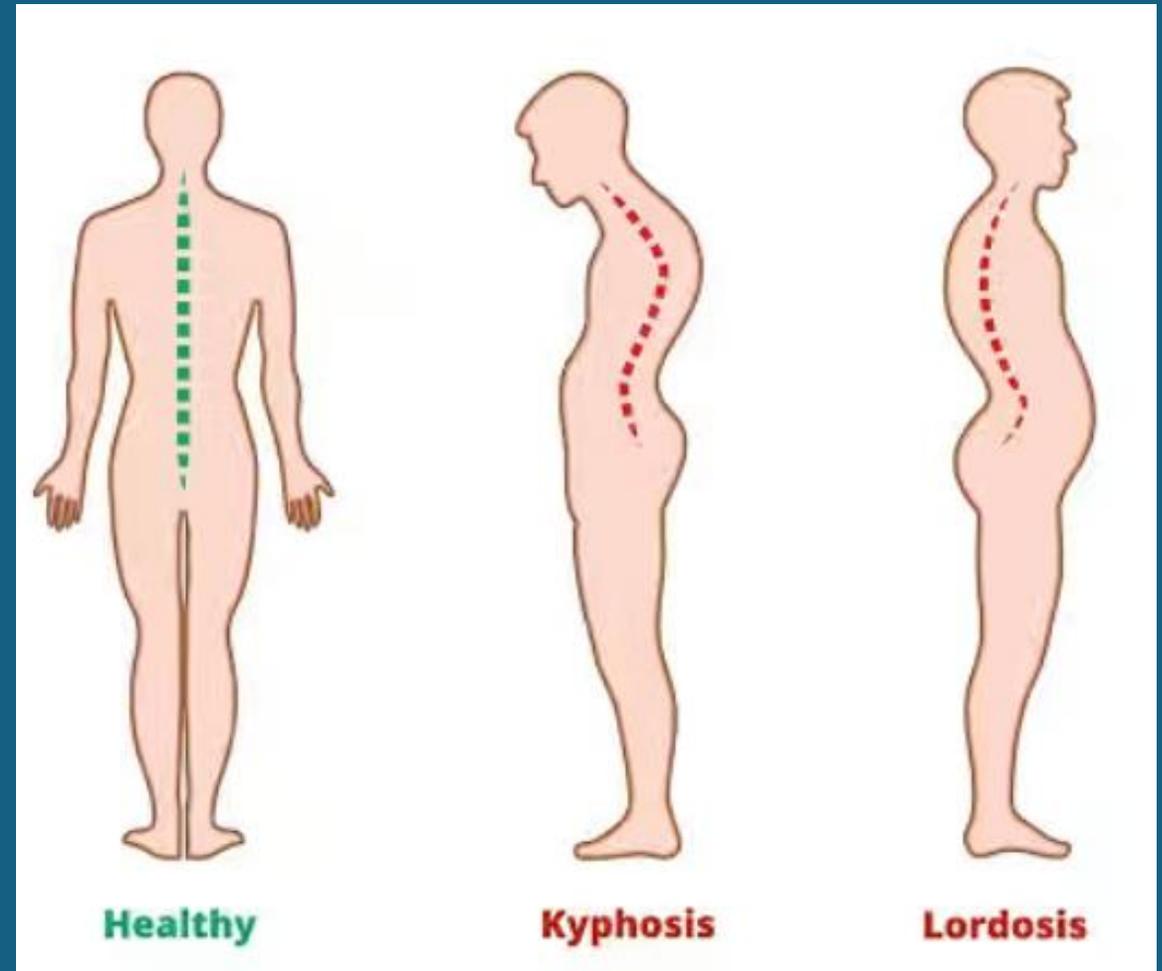
Types of Postural Disorders

- Kyphosis
- Lordosis
- Scoliosis
- Forward head posture
- Rounded shoulders
- Pelvic tilt



Kyphosis and lordosis

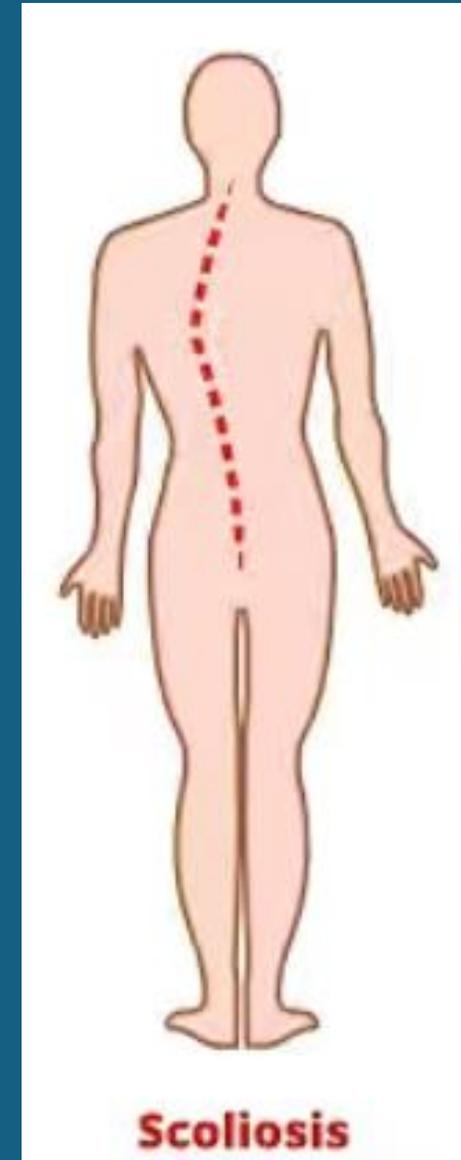
- Kyphosis is an excessive curvature of the thoracic spine
- Lordosis refers to increased lumbar curvature,



Scoliosis

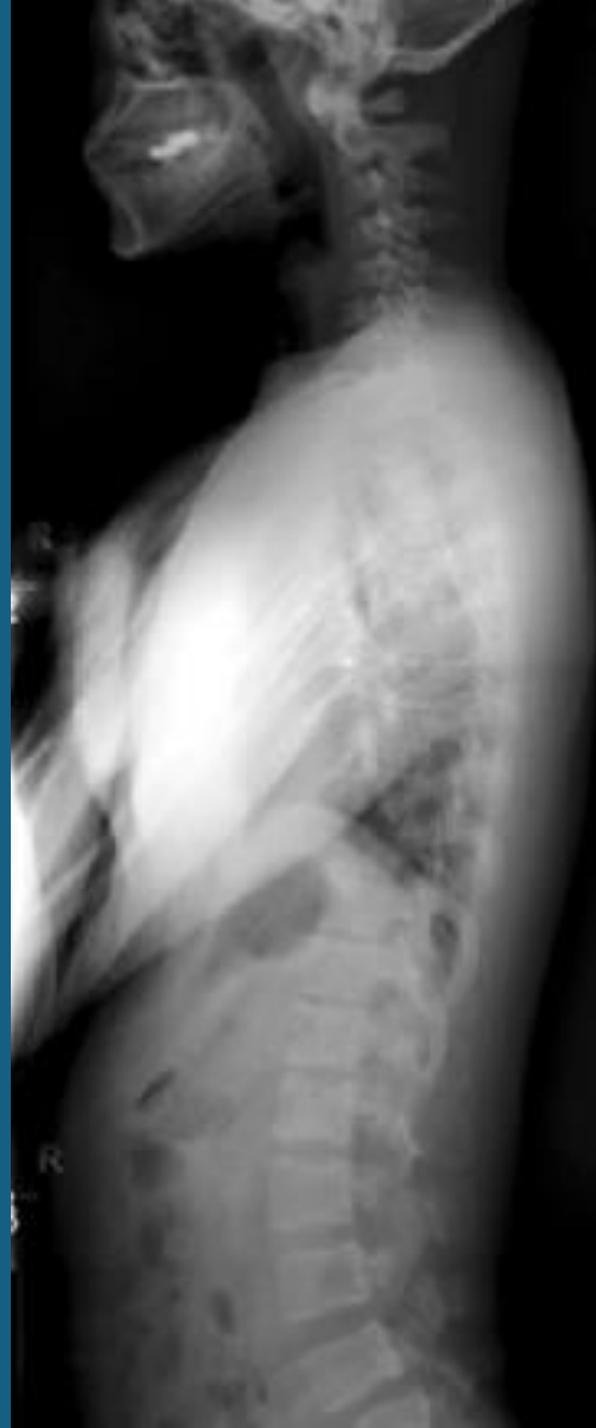
Scoliosis is a lateral curvature of the spine

- structural
- functional



Diagnosis and assessment

- Postural analysis
- Functional tests
- Range of motion
- Imaging if needed (X-ray)



Physiotherapy

- Strengthening weak muscles
- Stretching tight structures
- Core stabilization
- Postural reeducation
- Ergonomic training
- Manual therapy



Prevention and conclusion

- Regular physical activity
- Proper ergonomics
- Awareness of posture
- Early intervention

Dictionary

- **Postural disorders** – zaburzenia postawy
- **Alignment** – wyrównanie / ustawienie ciała
- **Muscle imbalance** – nierównowaga mięśniowa
- **Sedentary lifestyle** – siedzący tryb życia
- **Spinal curvature** – krzywizna kręgosłupa
- **Kyphosis** – kifoza
- **Lordosis** – lordoza
- **Scoliosis** – skolioza
- **Forward head posture** – wysunięta głowa
- **Rounded shoulders** – zaokrąglone barki
- **Pelvic tilt** – pochylenie miednicy
- **Thoracic spine** – odcinek piersiowy kręgosłupa
- **Lumbar spine** – odcinek lędźwiowy kręgosłupa
- **Core muscles** – mięśnie głębokie /stabilizujące tułów
- **Manual therapy** – terapia manualna
- **Deep tissue massage (DTM)**

Bibliography

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Thank you for your
attention

