

Chapter - 2 Children & Women in Sports

Topic - Common Postural Deformities

10 To

Posture: Posture is the alignment of the body and position of its limbs while standing, sitting, walking and lying.

12 Good Posture:

- ① "Good posture is one, in which the body is so balanced as to produce least fatigue."
- ② According to Physical Educationists: -
 2 "Posture is a tool of mechanical efficiency of body which causes minimum stress to
 3 muscles. moreover, maximum output of
 4 physical efficiency can be attained."
- ③ A good posture is one in which minimum amount
 5 of energy is used to make balance of a body.

6 There are two types of postural defect or postural deformities:

Deformities Related to Back bone (Spinal Cord)

1. Kyphosis: Excessive curvature in upper back.
2. Lordosis: Excessive curvature in lower back.
3. Scoliosis: Shifting one side of the backbone

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1. Kyphosis: Kyphosis is a spinal disorder in which an excessive outward curve of spine is produced. It is forward rounding of back known as hunch back. This posture creates instability while walking, running etc. that may lead to fall or injury.

Causes: Deafness, absence of nutritious food, over-burdened shoulder, bending forward while sitting or walking, etc. may be the cause of muscle weakness.

Corrective Measures:

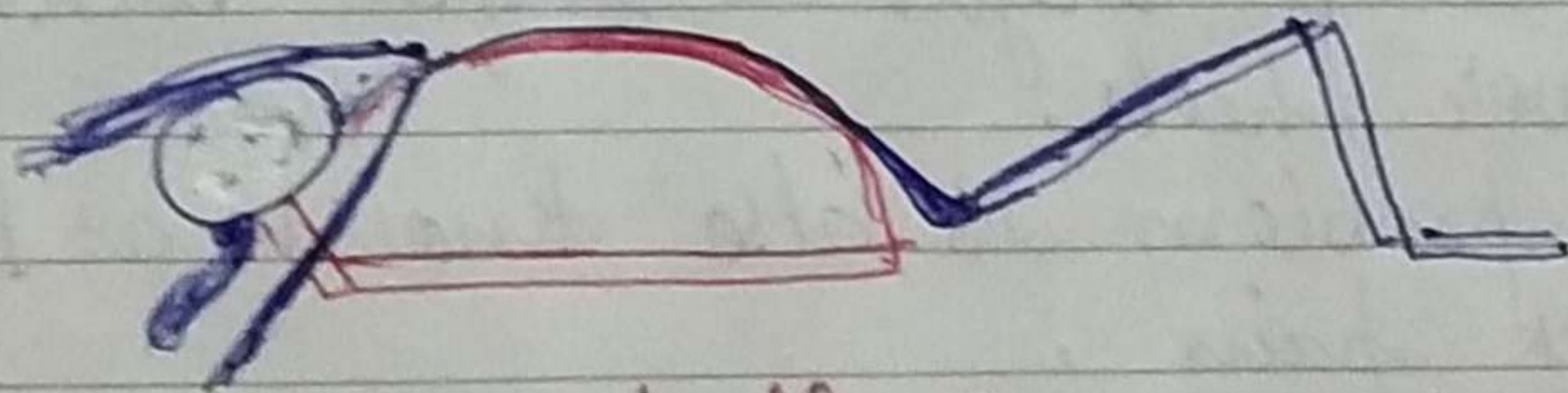
(I) Yoga Asanas: Chakra Asana, Dhanurasana, Bhujang Asana, Ushth Asana.

(II) Backward Bending (exercises)

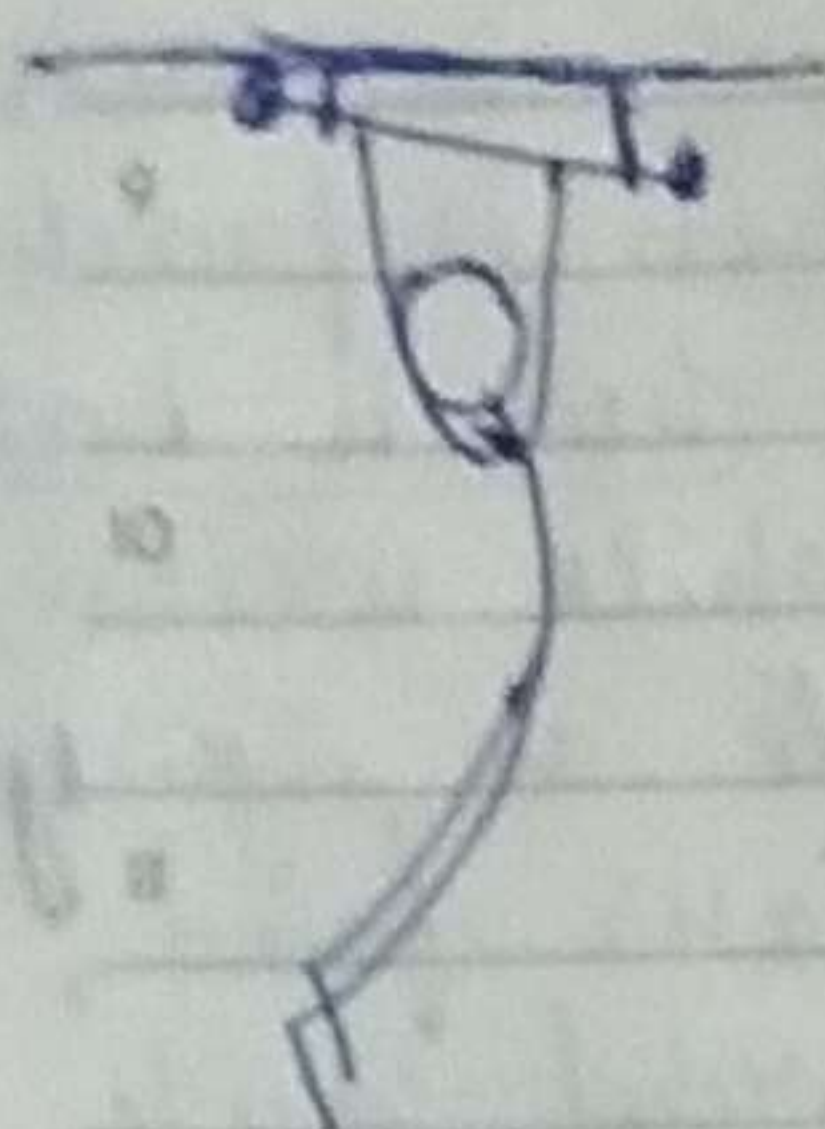
(III) Strengthening of Back muscles by Reverse Sit-up

(IV) Using Flat Bed during Sleep.

I. Exercise Of Neck With Sand bag: Place the bag full of sand on lower part of the upper shoulder or back and lie down on the floor by pushing neck towards the floor.



II. Exercise with Wall Bar: In this, hang on wall the same bar for few time with hands facing back and repeat the same according to your strength.



Exercise with Wall Bar

Dhanurasana: Lie on belly with hands alongside your torso and palms up. Exhale and bend your knees, bring heels as close as you can to your buttocks. Then, inhale and strongly lift your feet away from buttocks. At the same time, lift the thighs away from the floor with the belly pressed against the floor.

II. Navasana / Naukasana: Lie on prone position (stomach) with raised legs and torso upwards, keeping hands straight in front.

(2) Lordosis: Lordosis is the problem of lumbar-spine. In this postural deformity the lumbar-spine bends in front beyond the normal level. Thus, abdomen is ahead of body and shoulder comes outward and sideward. Body weight is shifted backward. Lot of pressure is over heels.

This problem is also known as Hollow Back, it causes back pain.

Causes: Weakness of the back muscles, over stretching of excessive obesity, improper standing, back tracking, disease of hips, inappropriate exercise etc.

MAR '19

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FEBRUARY 2019

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DAY 045-320

THURSDAY

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Corrective Measures for Lordosis Deformities:

- (I) Yoga Asana: Paschimottan Asana, Hal Asana, Trikonasana etc.
- (II) Alternate Toe Touching: In this feet apart and ¹⁰ try to touch opposite hand to foot while other hand is raised up.
- (III) Stoop Walking (Long stride Walking): In this ¹² long stride walking is done while body is bent forward and downward. Other alternative is stepping over stairs.
- (IV) Sit ups: Regular exercise of sit-up should be done to strengthen abdominal muscles.
- (V) Lying in Prone: In this person lies with face down, whereas abdomen and chest ³ touch the surface. It is also known as Makra Asana.
- (VI) Balance diet: Balanced diet should be taken ⁴ and avoid junk food and high caloric food.

I. Paschimottan asana:

⁵ Sit erect with your legs stretched out in front of you, then inhale and raise arms over your head. After that, exhale and bend forward. Make sure the chin moves towards the toes. Then, stretch out the arms as much as possible.

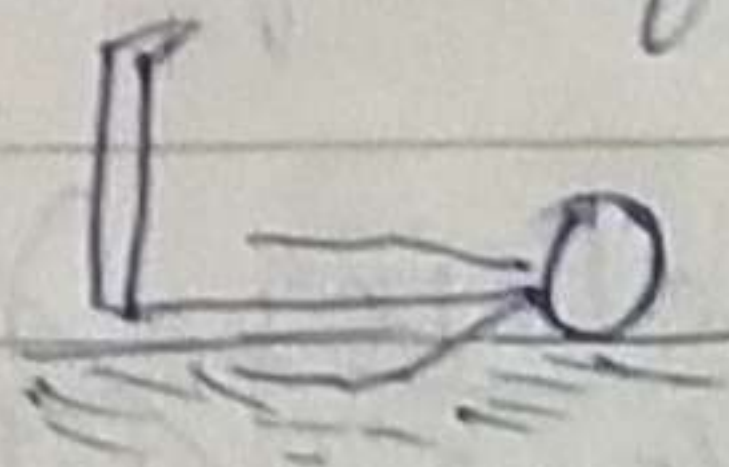
II. Trikon Asana (Triangular Pose):

Feet apart, try to touch opposite hand to foot while other hand is raised up and look upward. Hold this position. ~~the~~

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III. Leg Raise at 90° :

Lying supine, raise and hold your legs straight at 90° . Then try to touch the floor from lower back.



(3) Scoliosis: (Bending of waist towards one side): -

In this deformity, the backbone is bent towards right or left side. Hip is also bent on one side.

In this deformity, the backbone acquires the shape of letter 'C'. This bending of backbone is sometimes in both the directions which makes it look like English letter 'S'.

Causes:

Burden on one shoulder, sitting or standing in improper posture, bone diseases, weakness of muscles, inappropriate exercises etc.

Corrective measures:

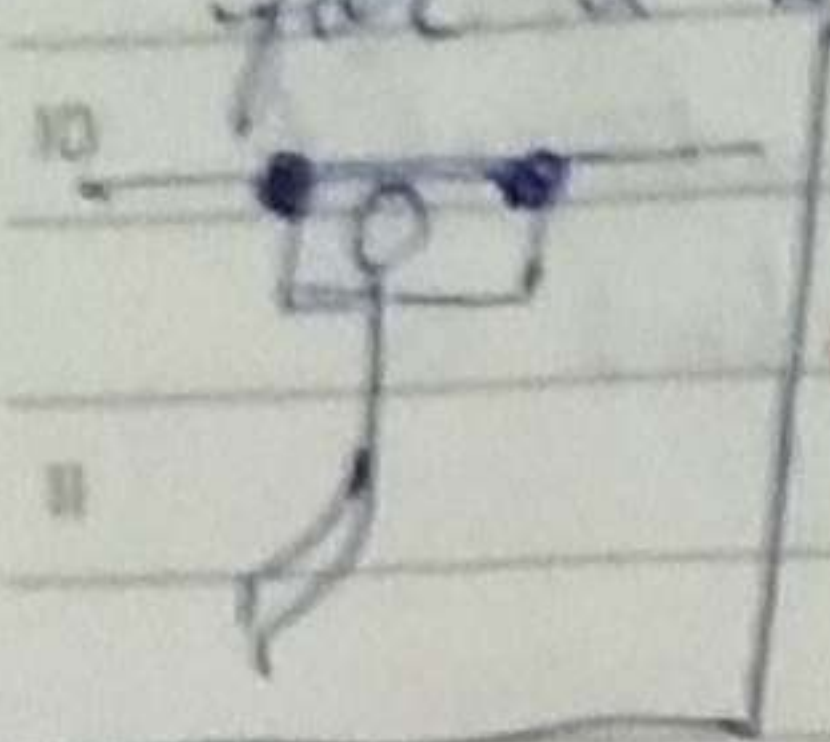
All opposite sideward bending exercises or asanas are helpful for correcting Scoliosis. Some of them are:

(I) Yoga Asana like: Ardha Chakra Asana, Hast Asana, Trikon Asana, Tarr Asanas etc.

(II) • Chin-ups: In this body is stretched up over a horizontal bar while body weight

hanging vertically and lift up.

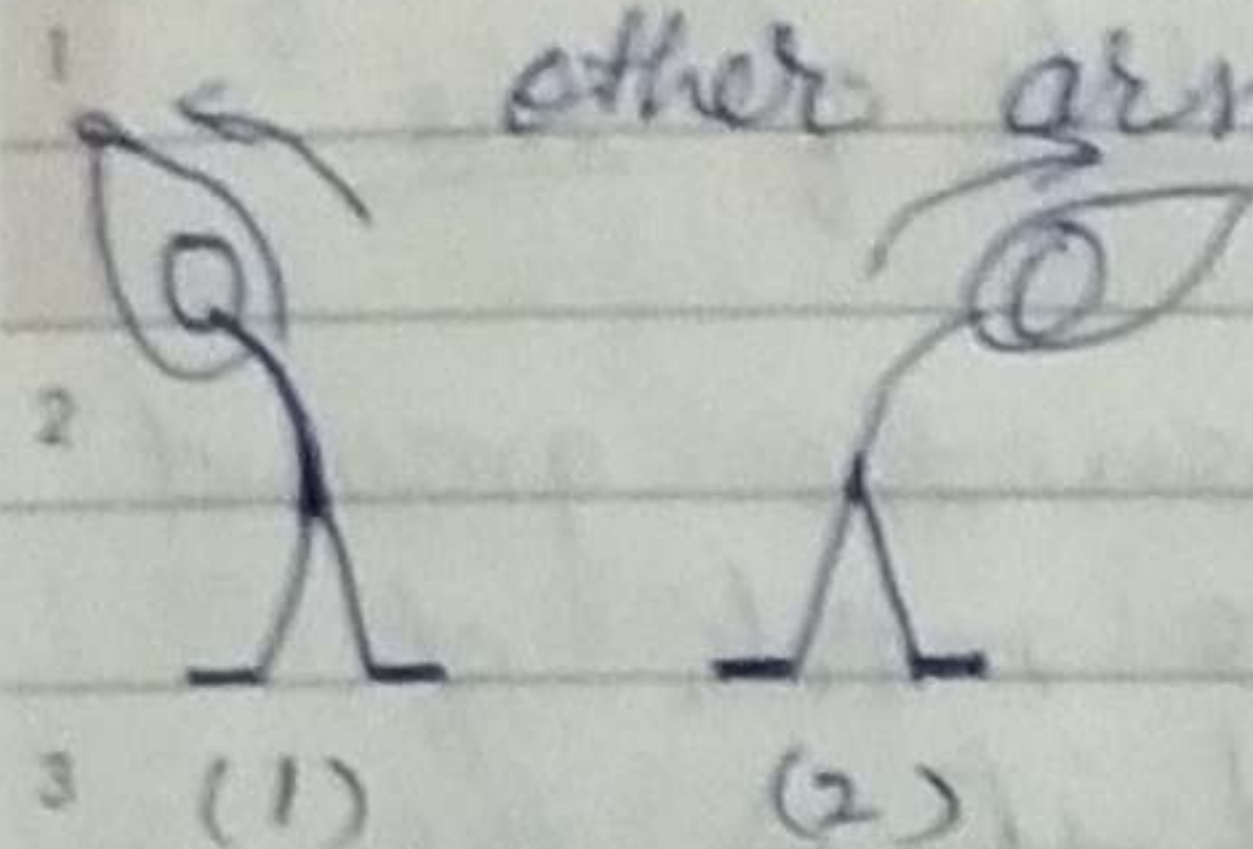
- Exercises on Wall Bar: Hold the wall bar and hang for a while and then repeat the exercise.



- Bending in the Opposite Direction of Deformity:

Standing with both the feet at

a distance and bend in the opposite direction to the deformity, and bend the other arm over the head in the same direction.



Topic - Deformities Related to Legs

1. Knock Knees: In this deformity, both the knees touch each other when a person is in standing position. In comparison to a normal person with this deformity feels difficulty in walking, running, etc.

Causes: Deficiency of vitamin D, calcium and phosphorus, obesity, flat foot, old diseases, lifting more weight in young age etc., Rickets.

Corrective Measures for Knock Knees:

I. Yoga Asana like: Vriksh Asana, Akorn Dhanur Asana, Padmasana, Gomukh Asana.

- (II) Pillow Exercise: In this pillow is kept between legs and person presses the legs.
- (III) Outward Toe Walking: In this person tries to walk over the outer edges of foot while the inner part of sole is raised up.
- (IV) Horse Riding: Riding on horse,

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2. Flat Foot: It is known as fallen arch of the foot. In this deformity, the sole of the feet is flat.

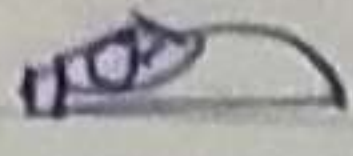
Flat Foot Test: Place the foot on the ground after soaking it in water. If the mark of whole foot is visible on the ground, it is the deformity of flat foot.

Causes:

Hereditary, improper posture, obesity, not putting on appropriate shoes, injury, etc.

Corrective Measures for Flat Foot:

Correcting flat foot is very difficult. But the foot can be made flexible by doing exercises since childhood.

- (I) • Springing on the toes • Walking on sand
- Skipping rope jumping
- To walk on heels & toes
- To sit with raised heels
- To pulling Toes  

(II) Yogasana: Tarr Asana, Vajra Asana.

(III) Using Good Quality Shoes.

(Bow Legs)

(3) BOW Legs:

In this deformity, the distance between the knees is greater than that of a normal person. It means the legs are curved outside like a bow in a standing position.

This can be just the opposite of knock knees.

Causes: Deficiency of calcium and phosphorus, obesity, making the child walk in infancy, deficiency of vitamin D etc.

Corrective measures:

(I) Yoga Asana: Ardh Chakrasana, Garud Asana, Ardhha Matsyendra Asana etc.

(II) Walking with Inward toe:

(III) Special shoes: special shoes helps to correct bow-legs.

(4) Round Shoulders:

In this deformity, the shoulders bend forward. This makes them look rounded. The chin is downward and head is bent forward.

Causes:

The main causes of this deformity are like heredity, neck spondylitis or chronic neck pain, using excessive smart-phones or tablet, carrying overloaded school bags by children, wearing tight fitted clothes, weak muscles of chest and shoulder, sitting by bending forward, using improper furniture etc.

Corrective measures for Round Shoulders:

(I) Yoga Asana like: Chakra Asana, Dhanura Asana, Bhujang Asana, Ushth Asana etc.