Posture

- The relative disposition of the body at any one moment
- The position of each joint has an effect on the position of the other joints
- Correct posture is the position in which minimal stress is applied to each joint

Curves

- At birth, the entire spine is flexed
- **Primary Curves**: curves of the spine found at birth. Those that retain this flexed position are the _____________ and ________________
- **Secondary Curves**: appear as the child grows. Cervical and lumbar spines become lordotic
Standing Posture

Classically, ideal postural alignment (viewed from the side) is defined as a straight line that passes through the:
- ear lobe
- bodies of the cervical vertebrae
- Acromion
- bodies of the lumbar vertebrae
- slightly posterior to the hip joint
- slightly anterior to the axis of the knee joint
- just anterior to the lateral malleolus

Think-Pair-Share

Individually, list as many effects of poor posture on the body as you can in 1 minute.

Compare lists with your desk partner and be prepared to share with the class.

HINT: Think about all of the systems of the body

Postural Assessment

Patient should be adequately (and appropriately) undressed
No shoes
Examine the patient in the habitual, relaxed posture that is usually adopted
Postural Assessment

► When observing for abnormalities in posture, we look for asymmetry as a possible indication of what may cause the postural fault.
► Asymmetry is NORMAL!
► Differentiate between normal deviations & those caused by pathology

Postural Assessment

► Body Type
  - Ectomorph: the person who has a thin body build
  - Mesomorph: the person who has a muscular or sturdy body build
  - Endomorph: the person who has a heavy or fat body build

Postural Assessment: Standing

► ANTERIOR VIEW
  - The head should be in midline. If not, why?
  - The trapezius neckline should be equal on both sides
  - The shoulders should be level
  - The clavicles & AC joints should be level & equal
  - There should be no protrusion or depression of the sternum or ribs
Postural Assessment: Standing

- Arms should be equidistant from the waist
- Carrying angle at each elbow should be equal
- The palms should face the body while in a relaxed position
- Iliac crest & ASIS height should be the same on each side

Postural Assessment: Standing

- Both patella should point straight ahead
- Knees should be straight
- Fibular heads should be level
- Two arches are present & equal in the feet
- The feet angle out equally
- No bowing of bone
- Bony & soft tissue contours are equally symmetric on the 2 halves of the body

Postural Assessment: Standing

- LATERAL VIEW
  - The earlobe should be in line with the acromion process
  - Each spinal segment should have a normal curve
  - Shoulders should not droop forward
  - There should be no chest deformities
  - In normal standing, the knees are usually slightly flexed (0-5°)
Postural Assessment: Standing

► POSTERIOR VIEW
- Head should be in midline
- Shoulders should be level
- The spines & inferior angles of the scapula should be level & medial borders equidistant from the spine
- The spine should not have lateral curves
- The PSISs are level
- The gluteal folds are level

Postural Assessment: Standing

► Knees should be level
► Both achilles tendons should descend straight to the calcanei
► The heels should be straight
► Bowing of the femur or tibia should be absent

Postural Assessment: Sitting

► The patient should be seated so the feet are supported, but the back is not supported
► Observation is carried out, as in the standing position, from the front, back, and side.
► If any deviations are noted, recall whether it was present during standing
Postural Assessment: Sitting

► From the front, if one knee is higher than the other, it may indicate:

► From the side, if one knee protrudes farther than the other, it may indicate:

Review: Posture

Questions???