ISSN: 2349 - 4891

International
Journal of Recent Research and Applied Studies
(Multidisciplinary Open Access Refereed e-Journal)

Role of Exercise in Posture Correction

Dr. Nisa.M

Sree Sankaracharya University of Sanskrit, Regional Centre Koyilandy, Kozhikode, Kerala.

Received 5th November 2016, Accepted 25th December 2016

Abstract

Posture reflects the relationship between spinal segments and the influence of the environment on spinal segments. Correct upright posture is considered to be an important indicator of musculoskeletal; health. Costs associated with musculoskeletal impairments in health and loss of work, have contributed to a growing interest in optimizing posture, particularly in relation to sitting positions associated with the use of visual display units and standing posture in children in relation to backpack use. Physical activity is defined as any bodily movement produced by skeletal muscles that result in energy expenditure. This article presents the role of exercise in posture correction.

Keywords: Exercises, Posture, Correction.

Introduction

"Your best posture is your next posture"- Morgan Freeman

Physical activity is defined as any bodily movement produced by skeletal muscles that result in energy expenditure. The energy expenditure can be measured in kilocalories. Physical activity in daily life can be categorized into occupational, sports, conditioning, household, or other activities.

Posture

Position of the body, the way in which someone usually hold their shoulders, neck and back or a particular position in which someone stands, sits, etc. Posture reflects the relationship between spinal segments and the influence of the environment on spinal segments. Correct upright posture is considered to be an important indicator of musculoskeletal; health. Costs associated with musculoskeletal impairments in health and loss of work, have contributed to a growing interest in optimizing posture, particularly in relation to sitting positions associated with the use of visual display units and standing posture in children in relation to backpack use. Good posture results when the muscles of the body align properly, allowing for efficient movement. When your body's muscles and joints are balanced and supported properly, you're better able to perform everyday activities, such as squatting to pick up laundry or running down a flight of stairs efficiently. When you are poorly aligned, the joints in your body (e.g., shoulders, spine, hips, knees and ankles) do not fit together properly. This causes some muscles to work harder than others. Over time, those muscles become tense while the others weaken, creating muscular imbalances that slowly devolve into poor posture. As posture deteriorates further, joint movements become restricted and the differences between tense and weak muscles places greater stress on your joints, which then have to compensate. This causes pain, stiffness and loss of motion throughout the body. But fix these imbalances, and your posture (and the pain associated with it) will improve. A qualified personal trainer can provide information about your posture by observing it during a comprehensive fitness assessment. In many cases, a plumb line hanging from the ceiling can be used as a vertical line of reference. The trainer can position you along this vertical reference point. Ideally, the vertical cord should line up with your ear, shoulder, hip, knee and ankle. More often than not, our posture does not fall perfectly along this perfect vertical line—even if you are reasonably healthy and fit. The ideal posture is one in which the vertical line of gravity runs

- Approximately 5cm infront of the ankle joint
- Just infront of the centre of the kneejoint
- Through the hip joint or just behind it
- Just infront of the shoulder joint
- Just behind the ear through the mastoid process

Improve posture with general activity

If force of will is the worst way to improve posture, being generally physically active in a variety of ways may be the best: not only somewhat effective, but a good idea for many other reasons too, of course. A sedentary lifestyle contributes significantly to the degeneration of postural reflexes. NASA discovered this

Correspondence
Dr.Nisa.M
E-mail: nisakutty1983@gmail.com

while studying the physiological effects of inactivity. "Use it or lose it" is the unsurprising biological lesson here: organisms adapt quickly to stimuli and stresses, and atrophy quickly without them. Therefore, probably the simplest cure for eroded postural reflexes is to simply do more with your body but nothing in particular. While it might make sense to choose activities that are specifically challenging to your posture and you can certainly do that if you choose the spirit of this suggestion is that you can probably get decent bang for buck without focusing on posture-challenging activities. Just by doing anything you like: salsa dancing, swimming, golf, whatever. A physical challenge like paddling (dragon boating), for instance, forces you to learn how to use your upper body differently. The risk is that you will simply take postural dysfunction into the new activity, but the great potential benefit is that the enthusiasm you feel for the new activity will magically inspire new habits. Many people have permanently broken old habits by taking up an exciting new activity that required being different to enjoy or succeed at.

Exercise to improve posture

Basically posture exercises can consists of any exercise which strengthens the neck, shoulder, leg or core muscles and has the potential to improve posture.

- Arm lift
  - Gently push pelvis to the floor or the pillow if using one
  - Lift right arm 2-4 inches above the floor. hold for 3-10 seconds and then lowers slowly. repeat 5-10 times and then do the same with the left arm
- Leg left
  - Gently push pelvis to the floor or the pillow if using one
  - Lift right leg 2-4 inches above the floor .hold for 3-10 seconds and then lowers slowly. Repeat 5-10 times and then do the same with the left leg.
- `Arm and leg simultaneously lift
- Lower abdorminal isometric
- Bridge buildings
- Neck strengthening

Practice makes perfect: spend time in a different posture

Some people will relate best to an exercise ritual — strive for your goal repeatedly or continuously until it gets easier. Repetition is required for most kinds of learning. It may be useful to slightly exaggerate, as well. If you want to carry your head further back, and then go for a half-hour walk every day and practice keeping your head in the "right" place, or even further back than that. Don't worry about practicing the *rest* of the time, any more than you would learn guitar by carrying it around with you at all times and strumming every time you can think of it. Just set up a conscious, well-defined practice time.

Stretching to improve posture

It's a popular notion that poor posture is caused by "tight" muscles pulling on our skeletons unevenly, like pathological ship's rigging. I recall an elaborate demonstration of this principle in massage Therapy College. An instructor tied several strings to me to simulate muscles and pulled on them in various patterns to show how tightness could warp my posture. The demonstration wasn't memorable for the reason he would have liked.

Undoubtedly the best known specific form of this idea is that tight hamstrings cause bad posture, and therefore that stretching them will improve posture. This was specifically tested in a 2012 experiment. I'm afraid it didn't work. Although hamstring extensibility was indeed improved by a fairly ordinary stretching program, it had no effect on posture. The results are probably all the more believable because I strongly suspect the researchers were hoping to prove that stretching hamstrings is good for posture, and researchers are remarkably good at finding what they hope to find. But it seems the data were just not there to exaggerate or distort.

If stretching hamstrings has no effect on posture, I doubt any other kind of stretching does either. So this is a dead end, and yet another of many examples of how stretching "works" only in the sense that it will make you a little more flexible, temporarily, but the value of that flexibility is dubious indeed.

Conclusions

Posture is almost certainly associated with some pain problems, but much more weakly than most people believe. Postural habits with clear consequences and easy fixes are almost unheard of. Much of so-called "poor posture" is actually just postural stress and being stuck with bad ergonomics not really a postural problem at all. Many people seem to be unusually vulnerable to poor postures and postural stress, but these people also may not have a posture problem, but a pain problem. And many more elements of poor posture are probably the result of long-term biological adaptation that is either extremely difficult or impossible to change. About the only clear benefit to tinkering with posture is that it can affect mood, emotion and probably pain sensitivity.

Trying to change posture is probably not worthwhile for most people, most of the time. However, if you want to try it and see, your best bet is probably increased activity, especially tasks that require coordination, and especially anything you enjoy an activity that inspires, rather than one that requires discipline. Ergonomic tuning may also be particularly helpful, especially with specific challenges. "Technical" and "advanced" methods taught by posture gurus are

generally more or less wildly speculative and completely untested scientifically.

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