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Posture and Posture Education Course L 7 & 8: development of posture

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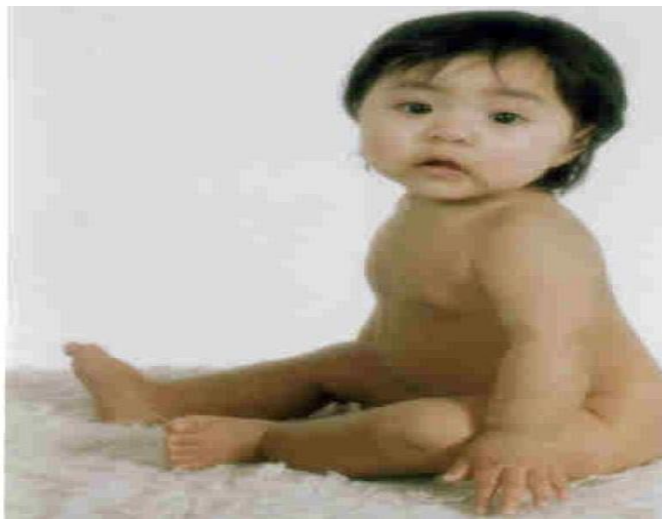
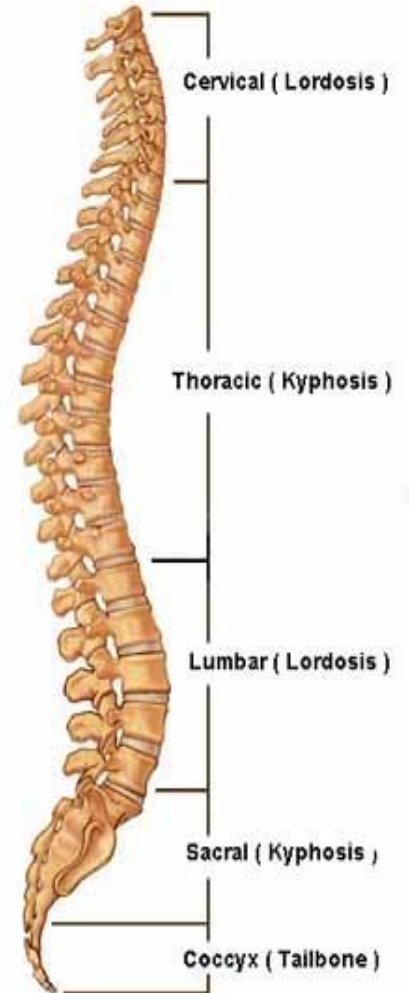
DEVELOPMENT OF POSTURE:

- At first, at birth the spine has one "C"-shaped curve with one convexity and one concavity.
- Then, as the child is trying to raise his head 'from prone lying position cervical curve starts to develop and in the early phase of education of walking, another curve will be developed which is the lumbar curve.

Postural Development



Lateral (Side) Spinal Column



Postural Development

- Birth
 - Entire spine concave forward (flexed)
 - “Primary curves”
 - Thoracic spine
 - Sacrum
- Developmental (usually around 3 months.)
 - Secondary curves
 - Cervical spine
 - Lumbar spine

- Spinal curves are either kyphotic or lordotic.
- In a normal spine these four spinal curvatures are important for:
 - Balance,
 - Flexibility,
 - Stress absorption and distribution.

Thanks

References

- Grill Solberg, 2008. Postural Disorders & Musculoskeletal Dysfunction Diagnosis Prevention & Treatment. © Elsevier. 1- 296
- Kisner and Cobly . Therapeutic exercises foundation and techniques. The Spine: Structure, Function, and Posture. 6th edition Philadelphia: Elsevier 2012, Chapter 14: 409 - 437