

The role of physiotherapy in postural correction

- Physical therapy is a lifestyle and therefore has a major role in preventing, minimizing, and reducing postural dysfunction.

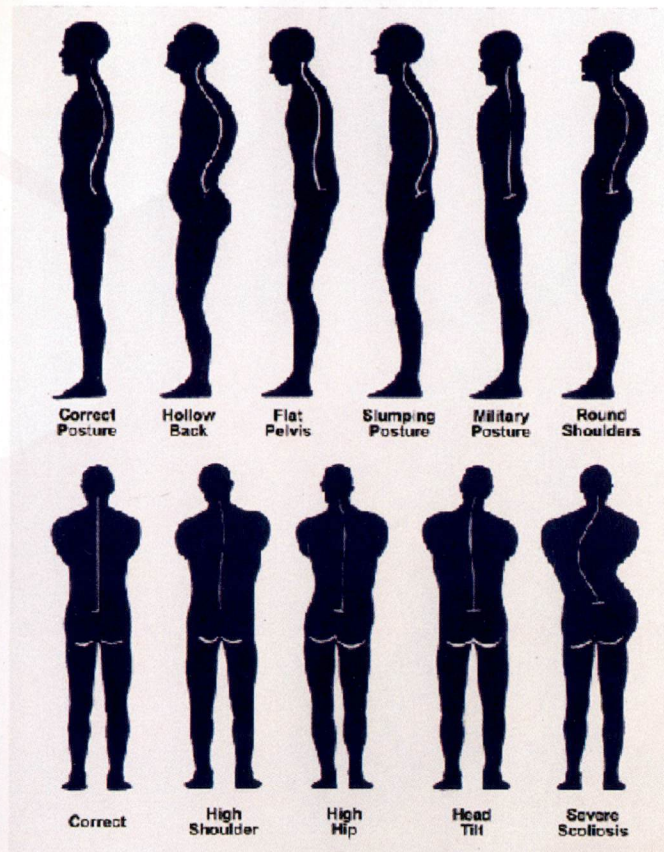
• Most patients will experience decreased pain once they start postural correction physiotherapy sessions.

The role of physiotherapy with patients complain of poor posture:

1. Evaluation and diagnosis of postural habits.
2. Postural education and training
3. Manual therapy and Dry needling
4. Postural taping
5. Electrotherapy
6. Joint mobilization
7. Corrective exercises and movements to improve flexibility, strength and posture
8. Activity modification advice
9. Advice regarding ergonomic work stations

Good posture

Posture is the position in which we hold our bodies while standing, sitting, or lying down. Good posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity.



Terms of good posture:

1. **Erectness:** to resist the gravity of earth that pulls us down.
2. **Balance:** distribute the body weight evenly on the feet.
3. **Harmony:** the center of the earth's gravity is located in a straight vertical line starting from the ear by the shoulder joint and the pelvic joint-behind the knee and located in front of the outer heel by about an inch or an inch and a half.
4. **Easiness:** to maintain a good body posture for a long time without fatigue or strain on the muscles.

Poor posture

Bad posture, or poor posture, is a body position that is asymmetrical or non-neutral.