

CHAPTER 7 POSTURE AND FIGURE ANALYSIS

Knowledge review answers

1. Value of figure analysis:
 - assess clients figure problems and faults so that you can decide where to concentrate or apply specific techniques.
 - recognise faults requiring referral for specialised attention.
 - indicate a course of action for an effective treatment and where applicable, a course of treatments for the client.
2. Pelvic tilt, scoliosis, lordosis, kyphosis, flat back, dowagers hump, winged scapula, protruding abdomen, knock knees, (tibia torsion), hyper extended knees.
3. General practitioner, osteopath, chiropractor, physiotherapists, etc.
4. 3 body shapes:
 - Ectomorph:
narrow shoulders and hips
long thin torso
long bones
average muscle bulk
low percentage of body fat
lack of curves
 - Mesomorph
athletic build

inverted triangular shape

well developed or broad shoulders

slim boyish hips

well-toned, defined muscles

low percentage of body fat

- Endomorph

rounded shoulders

heavy build with a higher percentage of body fat to muscle bulk,

body contours padded with a tendency to be overweight

movement may be slow and deliberate.

5. A good posture is one that allows every part of the body to function well with maximum efficiency and minimum effort. It relies on the interaction of groups of muscles, which work more or less statically to stabilise the joints and in opposition to gravity and other forces.

Good Posture	Indicators of a postural problem
<ul style="list-style-type: none">• body weight evenly distributed• feet slightly apart, facing forwards, Weight even over balls and heels of both feet.• head erect, (suspended on a string	<ul style="list-style-type: none">• body weight visibly uneven• feet turned in or outwards, body weight shifted onto balls of foot, or weight carried predominantly on one foot (scoliosis, tilted pelvis, back, hip

<p>pulling up from the centre of the crown), the chin neither over extended or retracted.</p> <ul style="list-style-type: none"> • eyes looking straight ahead, Ears and eyes should be level • rib cage should be symmetrical, neither hyper expanded or sunken • shoulders square, chest slightly forward • arms hanging evenly at each side • pelvis tilt balanced at mid-point, stomach pulled in, buttocks tucked under, - gluteal folds should be level • knees relaxed, not locked 	<p>or leg pain)</p> <ul style="list-style-type: none"> • chin pushed forward, or head held backwards, head crooked to one side (neck or back pain, spinal deviation) • level of eyes and ears uneven (spinal deviation, hearing or sight problems) • rib cage prominent, (anorexia, breathing problems, hyper extension) • round shoulders (kyphosis, dowagers hump, back pain, lack of confidence) • arms hanging unevenly (scoliosis) • pelvis uneven – weight uneven on feet, buttocks sticking out, gluteal fold even (lordosis, spinal deviation) • knees touching (knock knees) or hyper extended in a relaxed position.

6. Good posture is important. It helps:

- the internal organs to function properly
- increases endurance
- reduces fatigue

- increase body co-ordination and control
 - increase speed in physical tasks
 - increase balance and body flexibility
 - prepares your body and muscles for sudden energy spurts and helps resist accidents and injury
 - reduces menstrual pain and facilitates childbirth
 - contributes to self confidence.
7. Posture gives others an outward non verbal impression of how you regard yourself, either as a person who is positive, confident and assured or shy, reticent or lacking in self confidence.
8. The anti gravity muscles are the trapezius, gluteals, gastrocnemius, pectorals, biceps, rectus femoris.
9. This is the use of touch or pressure to examine the body.
10. Observations:
- Look at the overall condition of the skin and skin type; is it good, dry, oily? Whether the skin is, scaly skin, Loose crêpe, Gritty skin, Congested, Scars tissue, Stretch marks .
 - Skin Colour, state of the circulation, bruising, thread veins.