Abstract

It is reported that musculoskeletal conditions are the most common reason to seek medical consultations in the U.S., therefore, it is important to find the underlying cause of the pain and discomfort that society is experiencing (Osar, 2012). When examining the musculoskeletal system and how it is interconnected with the nervous system, it can be found that society as a whole experiences dysfunction from simple everyday movement patterns that can lead to injury and pain (Page, 2014). One’s posture is critical to health and wellness, and activities of daily living as the core and the spine are crucial in determining how the rest of the body moves and functions. The position of the spine is determined by the neuromuscular system surrounding the spine and along the kinetic chain which affects an individual’s movement patterns. Evidence indicates any small deviation along the kinetic chain will result in change to the neuromuscular system and the increased risk of injury or pain. Because posture and the risk of injury or pain are correlated, it is critical to be able to differentiate between good posture and the different types of posture deviations.

The purpose of this paper is to define good posture and provide an understanding of the underlying causes of postural deviations. An analysis of the four types of postural deviations – lordosis, kyphosis, flat back, and sway back will provide the ability to recognize the common types of postural deviations and provide a structured approach to correcting each type of postural deviation.

Honors College
Ball State University
Muncie, IN 47306