



COMMON POSTURAL PROBLEMS AND CORRECTIVE EXERCISES TO SOLVE THEM

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Research purpose. Describe two general posture problems – thoracic kyphosis and anterior pelvic tilt and present ways of solving them long-term using corrective exercises.

Keywords: abduction, adduction, anterior, corrective exercise, curves of spine, external rotation, internal rotation, posterior, postural, transverse plain

Research Methodology. Analysis of scientific literature.

Results / Findings. 1) Having correct posture improves self-esteem and overall health. 2) Thoracic kyphosis is caused by sitting for excessive period of time hunched over a desk, keyboard and etc. Anterior pelvic tilt can be caused by sitting for long periods of time with no stretching or changing position in the chair. 3) Exercises for posture correction can be performed at home, with very little or no gym equipment. Recommended exercises are face pulls, lying twist, child's pose, open books, lunge with reach and twist, neck extensions, lying angels, lunging exercises.

Originality / Practical implications. It is important to have correct posture because it allows body to function better. Having incorrect posture for long period of time will cause discomfort and pain in the whole body, depending on the severity of the problem. It may also create body deformations and lead to more pain and body disfunction. Nowadays, COVID-19 spread in the world has created a situation where people spend most of the time at a desk working on computer at home. This has led to inactivity on daily basis, therefore increasing chances of having some sort of posture problems. While it is important to understand how posture is affected, it is also important to know ways of fixing problems. Corrective exercises usually help to dissolve and fix postural problems but longevity of the fix is more important.