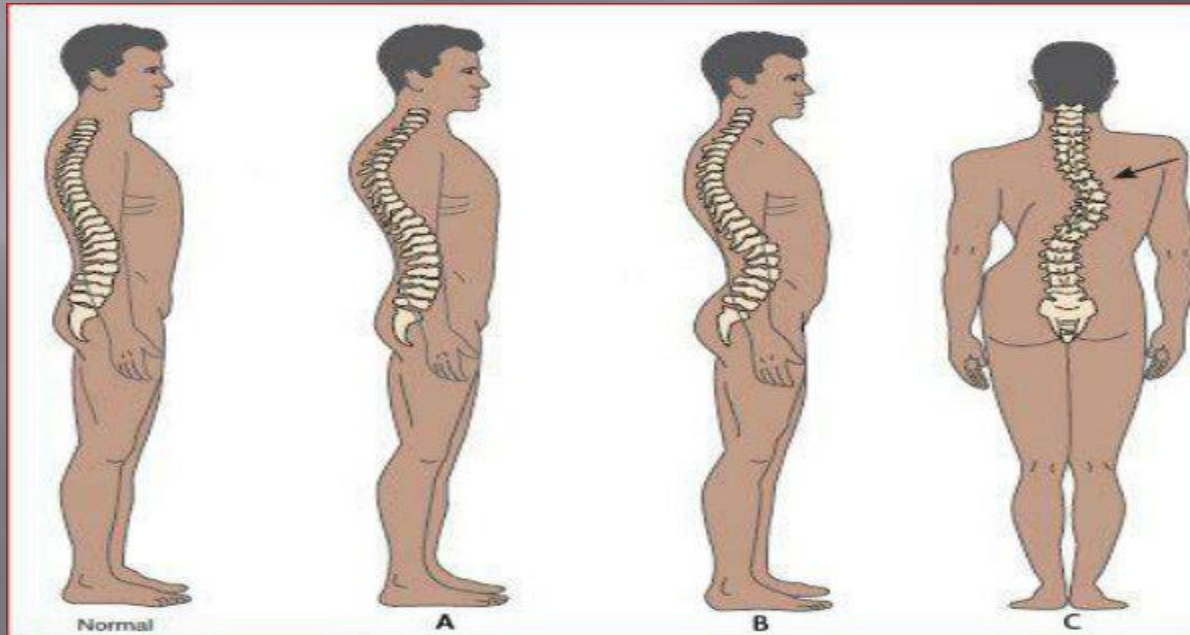


القوام POSTURE

الدكتور

ولاء فاضل ابراهيم



We will learn in this lecture

- ❖ General and anatomical definition of Posture.
- ❖ Factors that help the safety of Posture.
- ❖ Standards and specifications of good Posture.
- ❖ The evolution of spine.



posture line

It is a vertical position in which the body's equilibrium line passes

Lateral situation the beginning of earlobes to pass behind

Then in front of the neck vertebrae paragraphs and then in front of the dorsal articulation

Sacroiliac to the hip joint center in front of an

Knee to fall on the heels detailed base.



The right conditions for walking

- Consistency is the body as a result of the balance between the body's organs and nervous system and structure.
- Is a mechanical relationship between the different organs of the body structural nervousness and vitality.



What is posture disorders

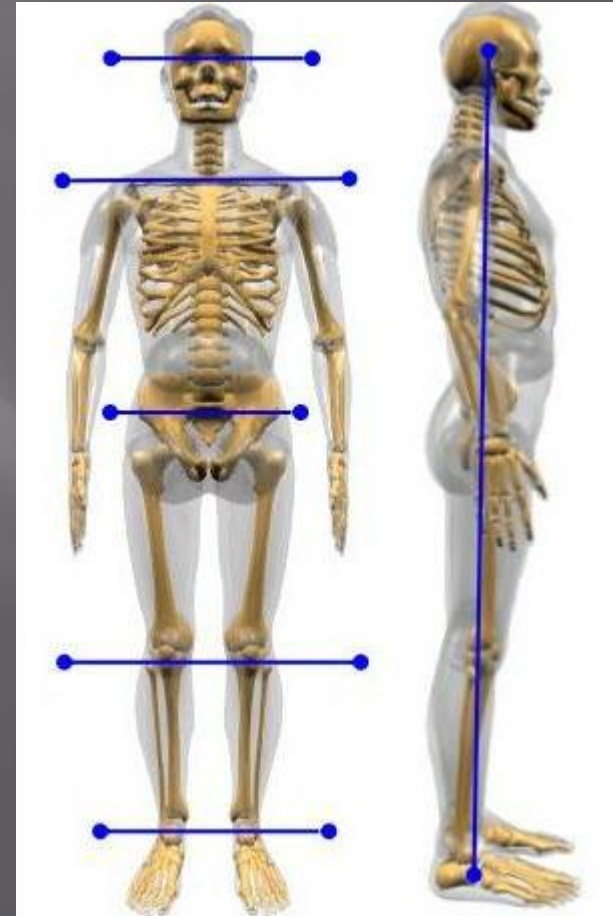
A defect in form of organ of the body or part
Of it, and its deviation from the normal position
Anatomically, resulting in a change in this
relationship of the body's other organs



Fulcrum body base

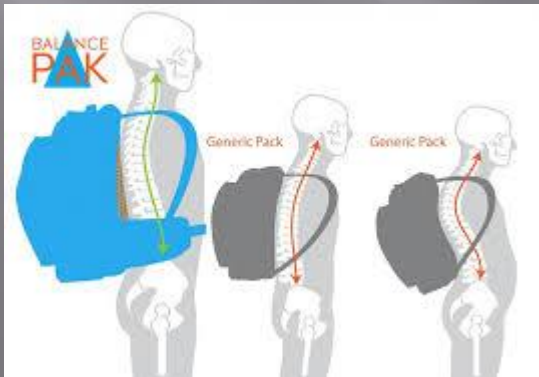
Pelvis and feet

- . Shoulders Line
- . pelvis Line
- . knee Line
- . Ankles Line



Factors that help to good posture

1. safety of musculoskeletal system.
2. safety of internal organs.
3. proper nutrition.
4. good mental state.
5. Regular exercise.
6. skeleton habits.

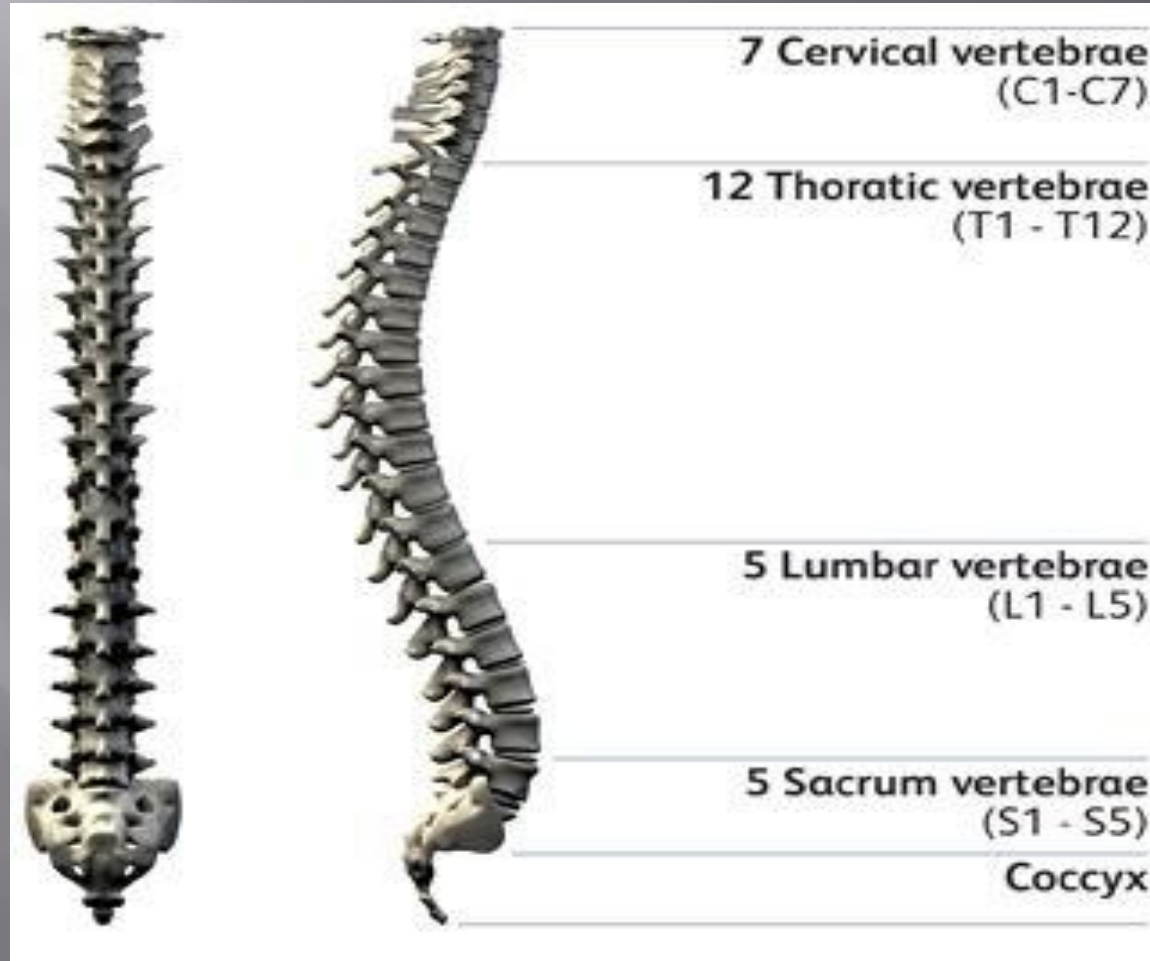


Criteria for good posture

- ▣ Feet is the basis of good posture.
- ▣ Work freely with proper performance of the movement
- ▣ Self-control (resistance to gravity)
- ▣ Balance (weight of body's center
In the middle of pivot base)
- ▣ Healthy Internal organs.
- ▣ Anatomically well.



vertebral column



Vertebral Column Functions

The most important functions of the vertebral column are as follows:

- ▣ **Protection:** it encloses the spinal cord, shielding it from damage.
- ▣ **Support:** it carries the weight of the body above the pelvis (below the pelvis, the lower limbs take over).
- ▣ **Axis:** the vertebral column forms the central axis of the body.
- ▣ **Movement:** it has roles in both posture and movement.

Evolution of Vertebral Arch

