



## About Postural Analysis

By Allison Ishman, Rev 7/18/2007

Postural Analysis is a useful tool to understand the mechanics of your body. It provides information on short and long muscles, tendons, connective tissues, and other structures. This information can be used to reduce or eliminate nagging pain or tension, decrease risk of repetitive or traumatic injuries, set up a therapy treatment or fitness program, and to help reduce wear and tear on the body's joints and soft tissues. It's especially great for creating customized stretching and strength training programs, as well as useful for postural therapy professionals such as clinical massage & chiropractors.

### ***Normal Postural Curves***

#### **For Adolescents<sup>5</sup>**

- Birth – spine in flexion
- 3 months – secondary lordotic curve begins to develop
- 6-8 months the lumbar lordotic curve appears when sitting and walking
- 0-18 months – knees are varus
- 18+3 years – knees in valgus
- 6 years – knees are straight
- Child hyperlordosis is normal

#### **For Adults**

- Neck – lordosis (backward curve)
- Thoracic Spine – kyphosis (forward curve)
- Lumbar Spine – lordosis (backward curve)
- Sacral bone – kyphosis (forward curve)

### ***Influencers of Posture***

- Heredity – Joint flexibility, tissue fiber types, recovery of tissues, etc.
- Disease – pa, guarding muscle, yin-yang imbalances leading to curling in
- Habit – Often including computer use, sports activities, lifestyle habits like carrying or climbing stairs Habit is the easiest thing to correct.

The massage therapist can assist by normalizing soft tissues and suggesting self-care exercises and stretches. The personal trainer can assist by implementing stretching and strengthening programs and further assessing and adjusting the use of the program.

### ***Postural Distortion Types***

- **Functional** –adapted changes of soft tissues by shortening or lengthening, usually as a result of the above influencers of posture. Client can voluntarily alter posture. Fascial Link and neuromuscular therapies and strategized personal training can assist in correcting this condition.
- **Structural** – bones have altered shape due to a pathology or malformation process. Massage/Neuromuscular therapy and personal training can assist the client in being more comfortable, but cannot correct the fundamental imbalance.

### ***The Force of Gravity***

Gravitational force is constantly pulling on the human body. St. John<sup>2</sup> measures this weight at 33.5 lb per square inch. Gravity forces the body to compensate for imbalances in order to maintain homeostasis (a normal functioning position). Sometimes that compensation further complicates the problem rather than correcting it accurately.

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