

Chapter-4

Postures

Important Question

VERY SHORT ANSWER TYPE QUESTION (1 MARK EACH)

Q1. What do you mean by posture?

Ans. It is the specific position of a person while sitting, standing, walking, lying etc.

Q2. Give two advantages of correct posture?

Ans. (i) Grace & Efficiency of Movement :- With the help of correct body posture efficient movement is possible, so in result balance & coordination of movement will be possible.

(ii) Physical Fitness :- Good posture is essential component of physical fitness by this other component like balance coordination flexibility will be achieved for fitness.

Q3. State or mention common postural deformities?

Ans. (i) Spinal Curvature

(ii) Flat Foot

(iii) Knock Knee

(iv) Bow legs

(v) Round shoulders

Q4. What is correct posture of walking?

Ans. In the posture first foot touches the ground and then the weight is transferred on the toe. This is called heel toe action. Walking should look smooth efficient and graceful.

Q.5 What should be our standing posture?

Ans. In this posture both the heels should join together on the surface while the toes should be placed 3 to 4 inches apart. One should stand straight & erect. Knees straight chest forward; chin, inside belly inside and back ward and equal body weight on each of legs and evenly balanced.

Q.6 Explain briefly the causes of flat foot?

Ans. Rapid increase in body weight, improper shoes, carry having weight for longer period of time may cause this problem. Weak muscles is the main cause, they unable to take the load of body.

Q.7 What precautions we should take for kyphosis?

Ans. (i) We should not lean forward or study for longer period

(ii) We should do regular exercise

(iii) We should take balanced diet

(iv) We should learn to correct sitting & standing position to avoid this deformity

Q.8 What are the causes of scoliosis?

Ans. Undeveloped legs, back bone, more weight or heavy weight on one shoulder, diseases of backbone joints, wrong exercise, lack of exercise, deafness, inherited diseases.

Q.9 Explain the corrective measures for lordosis deformity?

Ans. (i) Do Uttar pad asana and Halasanas pashchimotanasan.

(ii) perform sit-ups regularly

(iii) Stand erect now bend your body forward from hip level. Repeat this exercise for 10 times

(iv) Diet should be controlled, excessive food should be avoided.

Q.10 What one causes for bow legs?

Ans. (i) Deficiency of calcium and phosphorus in bones

(ii) Heavy weight carry

(iii) Walking in very short period or forcing the child to walk early

(iv) Ricket disease

(v) Heavy weight of body

(vi) deficiency of Vitamin D

(vii) walking in a improper way

Q.11 What do you mean by knock knee?

Ans. It is a major postural deformity. In normal standing position the knees touch each other or knock each other. The gaps between ankles keeps on increasing and finds difficulty in walking properly and running.

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS)

(3 MARKS EACH)

Q.1 What is the difference between kyphosis & lordosis?

Ans. Kyphosis - It is also called hunch back is a common condition of a curvature of upper spine. It means backward or posterior curve or a decrease or cervical of a forward curve. This is also known as round back. In kyphosis depression of chest is very common.

Lordosis - In word curvature of the spine is known as lordosis it is actually increased forward curve in the lumbar region. The person suffering from it faces problems while walking or standing. In early stages lordosis is curable.

Q.2 What are the corrective measures for bow legs?

Ans. Following measures be taken to avoid or correct the bow legs :-

- (1) Special shoes can be worn that rotate the feet out ward.
- (2) Child uses corrective brace during treatment of disease.
- (3) Dietary supplements like Vitamin D, Calcium, Phosphorus should be taken.
- (4) Stand erect keeping the feet together, wrap a soft cloth tightly on both knees - Try to squat as far as possible it 4 to 6 time
- (5) Walk on inner toe of the feet
- (6) walk in bend toe of the feet
- (7) Do Ardh chakra Asanas garud Asanas Ardh Matsendra Asanas.

Q.3 Describe the remedial measure for postural deformity of kyphosis?

Ans.(i) While sitting in a chair buttock should be touching the back of the chair, hips should be placed as far back as possible hold your hand by the other hand behind the back of the chair stretchy your shoulders back wards - stay in this position for some time.

(ii) We should do chakra Asanas, Dhanur Asanas, Bhujang Asanas and Ushtt Asanas regularly.

(iii) All exercises of backward bending are useful.

(iv) Lie down on your chest keeping hands on hips allow raise your trunk with head a few inches above the ground. Try to raise it slowly come back to earlier position. this exercise should be repeated 10 times.

(v) Use pillow under your back at night while sleeping.

Q.4 What corrective measures we take for flat foot?

Ans. (a) Tarr Asanas - The person slowly raises the heel while standing body balances on toes where as hands and head are raised up

(b) Walking on sand

(c) Regular running

(d) Good quality shoes speciallied flat foot corrective shoes.

(e) Flat foot can be treated by arch supports foot gymnastics another exercise as recommended by a doctor.

·Pressure over feet.

·Writing with foot

·Yogic exercise will help the flat foot problems.

·Jumping on toes regularly

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- Sit down. Hold wad of paper by toes
 - Rope skipping regularly
 - Performing up and down on heels regularly
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Q.5 How can we correct/treat the problem of scoliosis?

Ans. (a) Ardha Chakra Asana - In this asanas the body is bent side ward while standing with feet apart. One hand should be close to head.

(b) Tricon Asana - In this asanas the body is bent side ward with feet apart. One hand should be close to head.

(c) Tarr Asanen - In this body raised up over the toes where as hands are raised up while looking up.

(d) Chin ups - In this Asanas the body in stretched up once a horizontal bar while body weight hanging vertically and lifted up.

(e) The dietary in take should be sufficient in quantity it should not be excessive. The food should be healthy balanced and nutritious.

Q.6 What are the remedies for knock knee?

Ans. Knock knee can be treated by following exercises

(a) Vriksh Asanas - It is balancing on one foot while other leg is fixed resting on other leg thigh. Hands are kept in front.

(b) Akarn Dhanur Asanas : In this asanas the person stretches one leg near the ear where as other hand holds the opposite straight

(c) Padma Asana

(d) Pillow walking - In this pillow in kept between legs and person presses the legs.

(e) Out ward walking - In this person tries to walks over the outer edges of foot while the

inner part of sole is raised up

(f) Horse riding is the most effective and best exercise in this respect.

(g) walking collipers are also useful.

(h) Gomukh Asana is also helpful

Q.7 What are the causes for knock knee?

Ans. (1) Diseases of the bones and ricket may cause permanent knock knee?

(2) Lack of Vitamin D or inability to metabolize Vitamin D due to kidney disease can cause growth disturbance of the bones in body.

(3) A lack of balanced diet calcium, phosphorus etc.

(4) Obesity and carrying heavy weight in early ages.

(5) Weak legs due to weak muscle

(6) Chronic illness

(7) During childhood knock knees causally develop as an effort to maintain balance particularly when the child begins to walk or if the child's foot rolls inward or turns outward.

Q.8 What are the causes & precautions for bow legs?

Ans. The causes for bow legs are :

(1) It is mainly caused due to deficiency of calcium & phosphorus in bones. Long bones tend to be softer and bend outward under body weight. In case of overweight children the chances of bow legs increase. It is also caused due to the deficiency of Vitamin D, walking in an improper way or forcing the children to walk early may also lead to this deformity.

Precautions - The following precaution we should take -

1. Prevent the children from getting overweight

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2. Normal exposure to sunlight
 3. Appropriate level of Vitamin D, calcium & phosphorus in the diet.
 4. Child should be re-assessed at least every 6 months.
 5. Children should be given balanced diet.
 6. Don't force children to walk early

Long Answer type Question [150 to 200 words]- (5 marks each)

Q.1 What is lordosis? What are the causes of this problem and how can we treat this deformity.

Ans. Lordosis : Lordosis is the problem of lumbar spine. In this postural deformity lumbar spine bends in front beyond the normal level. Abdomen is ahead of body and shoulders come outward and sideward. The body weight shifted backward. Thus lot of pressure on heels.

Causes of lordosis - Unbalanced diet, improper environment, improper development of muscles, obesity and diseases affecting vertebrae and spinal muscles are the main cause of lordosis, besides this no doing exercise and taking excessive food may also be big causes of lordosis.

Treatment for lordosis - This problem can be treated in the following way -

(a) **Paschimotanasana** - In this asana legs are stretched forward we try to touch the forehead to the knees & while hands hold the feet.

(b) **Halasana** - In this asana legs are raised up from the lying position. Slowly or bending legs towards the head, the feet – touch the floor and body makes a complete arc.

(c) **Alternate toe touching** - In this, feet apart and try to touch opposite hand to foot while other hand is raised up.

(d) **Stoop walking (Long stride walking)** - In this long stride during walking is done while body is bent forward and downward other alternative is stepping over stairs.

(e) **Prone lying (Makrasana)** - In this person lies with face down whereas abdomen and chest touch the surface.

Q.2 What are the causes of bad posture? Explain detail?

Ans. There are many causes of bad posture. Some are environmental and other may be due to heredity. Bad posture causes many health problems. It reduces the physical output or efficiency to a great extent. It leads to psychological stress, bad looking, less social acceptance etc. It is cause of many postural problems like kyphosis, round shoulders, lordosis Scoliosis, Knock knees, Bowledgs Flat foot.

Some of General causes of bad posture are given below.

- (1) **Accident** :- It may arises due to accidents. It may cause postural deformity due to injuries of muscles, joints & bones.
- (2) **Diseases** :- Many leads of health problems like diseases, illness and chronic sickness cause bad posture.
- (3) **Lack of Nutritional Diet** :- Sometime bad posture arises due to unbalanced diet, over diet, under diet and Lack of nutritional diet.
- (4) **Wrong Postural Habits** :- The wrong sitting posture a wrong postural habits during sitting standing lying working etc. cause bad posture.
- (5) **Improper treatment** :- Sometimes the improper treatment or wrong treatment for curing injury causes bad posture.
- (6) **Psychological Stress** :- Psychological stress in life leads to mental tension, unbalances emotions or behaviour changes. Sometimes it leads to postural deformity.
- (7) **Lack of sufficient strength** :- The poor muscular strength or the unbalance strength of against and antagonist muscular cause postural deformity.
- (8) **Age factor** :- In old age the muscular strength reduces this bad posture may arises.
- (9) **Poor Eyesight** :- Poor eyesight causes stress our head and neck. Thus body bends forward and it may cause bad posture.
- (10) **Bad Shoes or Cloths** :- In some cases bad posture arises due to poor quality shoes or clothing.

Q3. What do you mean by posture ? What are benefits of correct posture. Explain?

Ans. Posture :- Posture is the body position. It may be static or dynamic such as sitting, standing, lying, walking, running, reading etc.

Benefits of Correct Posture :-

- (1) **Attractive physical appearance :-** The first image of personality comes through good posture. A good posture makes individual appear smart, good looking, charming and attractive.
- (2) **Improves Health Status :-** Correct posture of body reflects positive health status of an individual. Good posture is an image of good health and sound body.
- (3) **Psychological Balance :-** A good posture improves the psychological balance of the body and mind. It improves the activeness of mind and leads to optimum development.
- (4) **Lesser Strain and Pain Over Joint :-** Good posture causes unstrain and pain over joints as it distributes the body weight equally over the joints.
- (5) **Improves Social Status :-** A good physique reflects positive social qualities. Good posture is an image of happy life style and social well being of an individual.
- (6) **Better functions of Body Systems :-** Various systems of body get full chance to function well if good posture is maintained. It provides optimum functioning of internal organs.
- (7) **Improves Appetite :-** Good posture increases appetite. Thus health status is improved, it causes less pressure over abdomen. Thus digestive organs function properly.
- (8) **Reduces Postural Deformities :-** Correct posture helps to prevent postural deformities. Thus health problems are reduced like kyphosis, Lordosis.
- (9) **Skill perfection :-** Good posture helps to improve skills. Thus more perfection in activity. It makes the movement graceful.
- (10) **Better selection of Players :-** Posture helps coaches and teachers for better selection of players for various activities.
- (11) **Better Optimum Physical Efficiency :-** Good posture provides optimum opportunity an

individual to improving physical fitness and health.

(12) **Good Body Balance** :- Correct posture provides sound body balance thus more stability of individual while performing workout.