

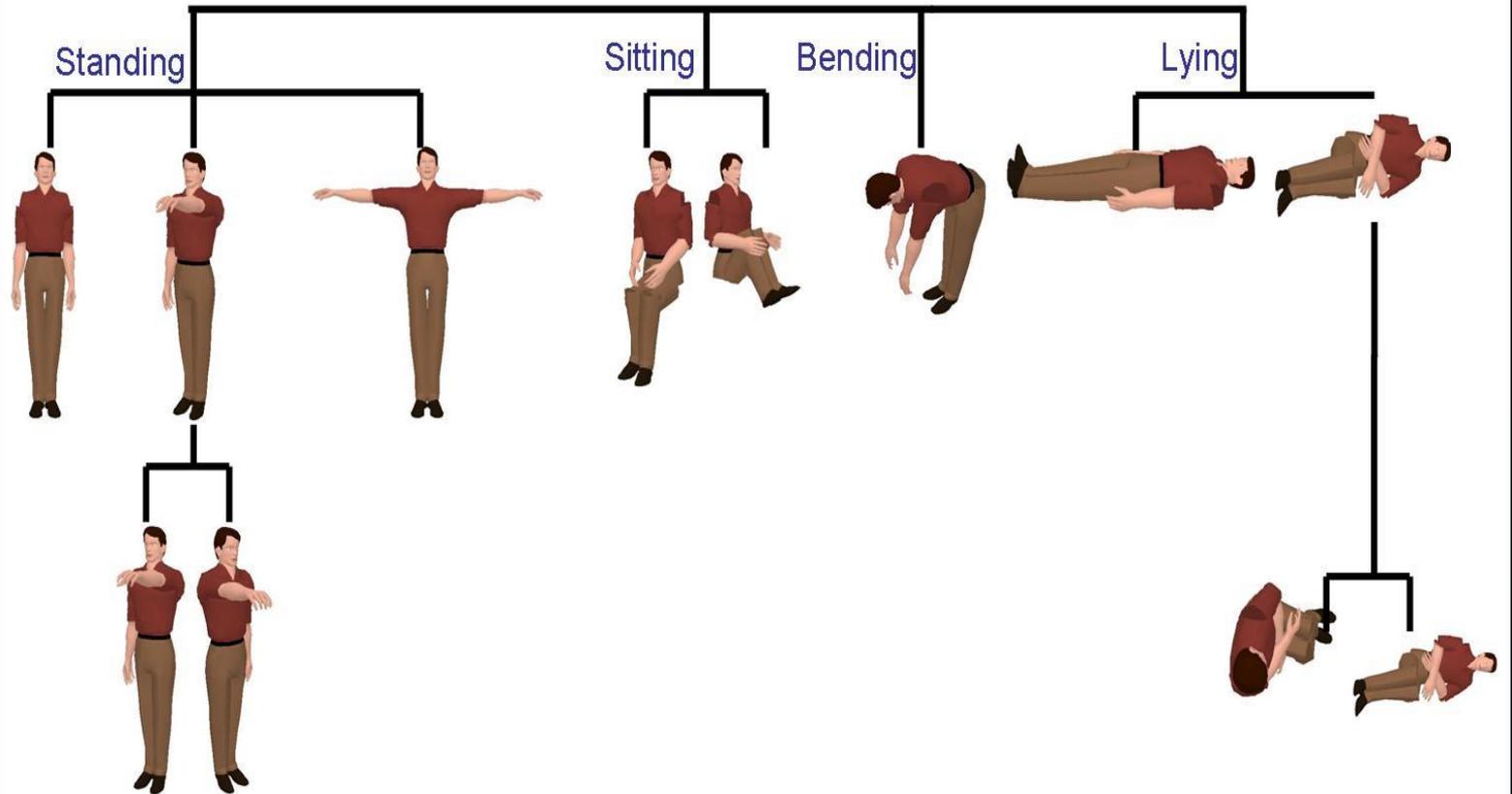
Maintaining Posture

Holly H. Wise, PT, PhD

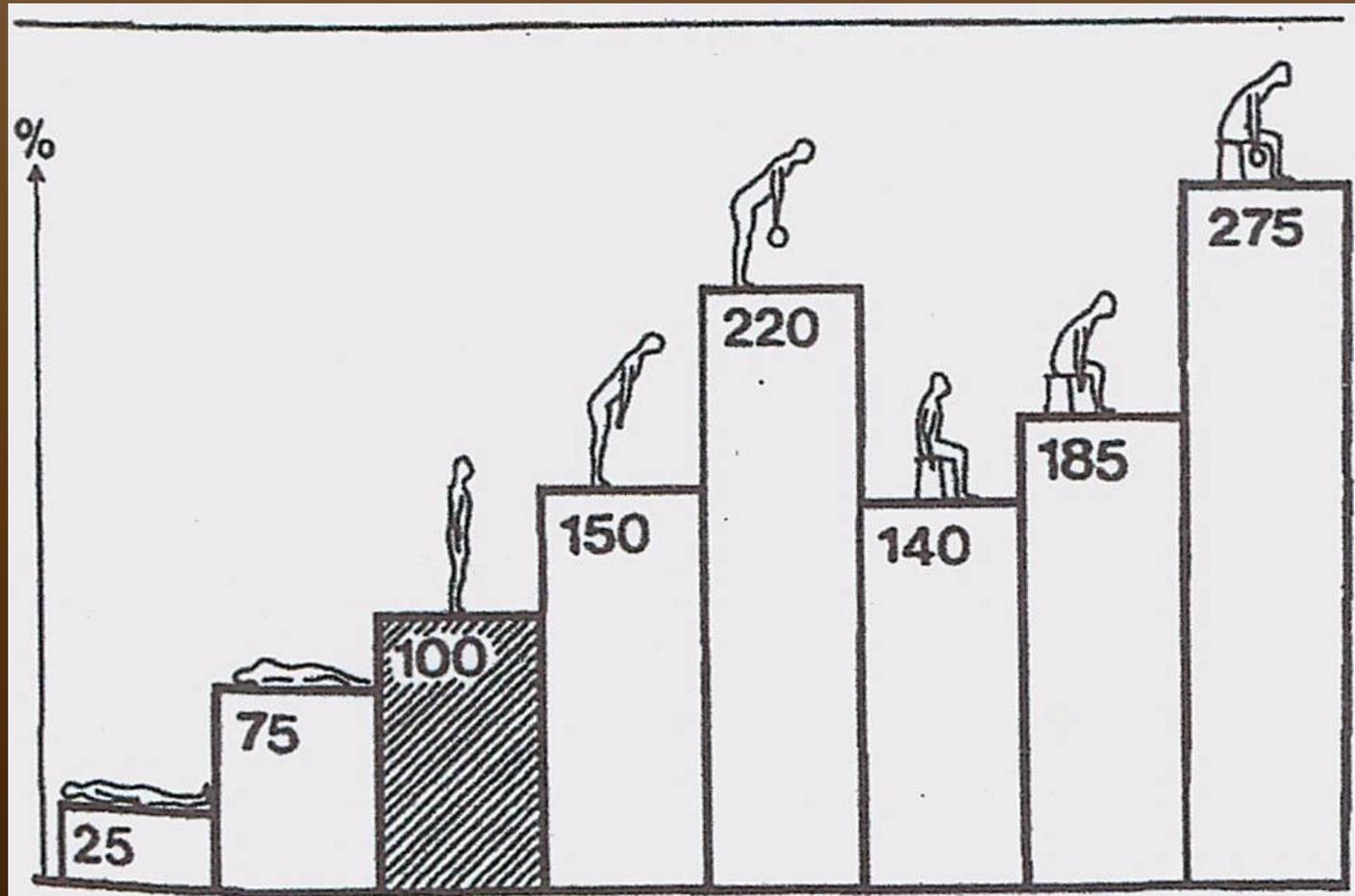
Division of Physical Therapy

Medical University of South Carolina, Charleston, SC

Postures



Posture: Interdiscal Pressures at L2



Goal: Attain Best Upright Alignment When Standing and Walking

Lower Extremities



Neck & Trunk



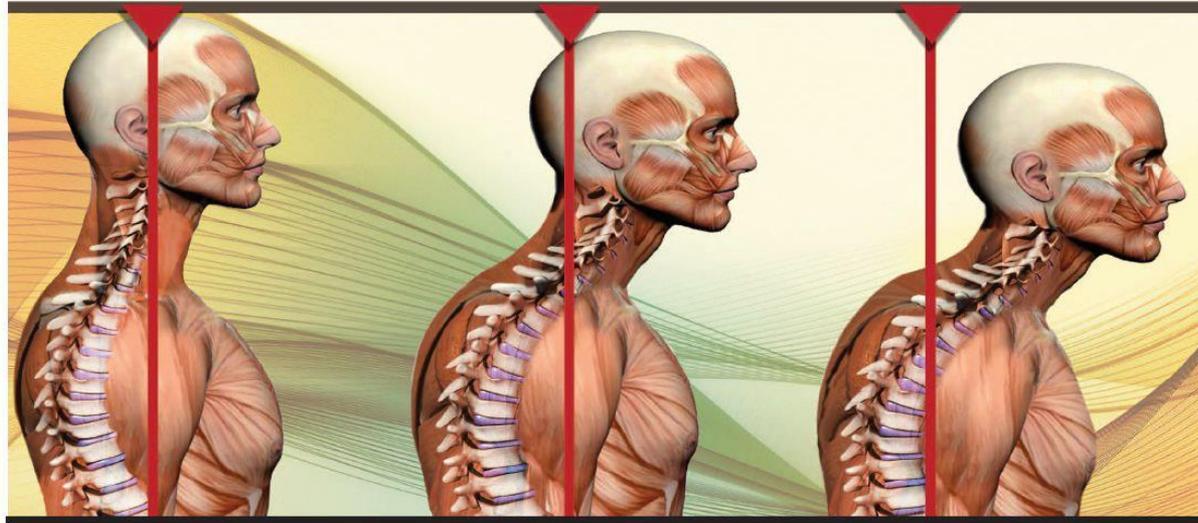
Cervical Loading

How Heavy is Your Head?

12 lbs.

32 lbs.

42 lbs.



NORMAL POSTURE

2 INCHES FORWARD

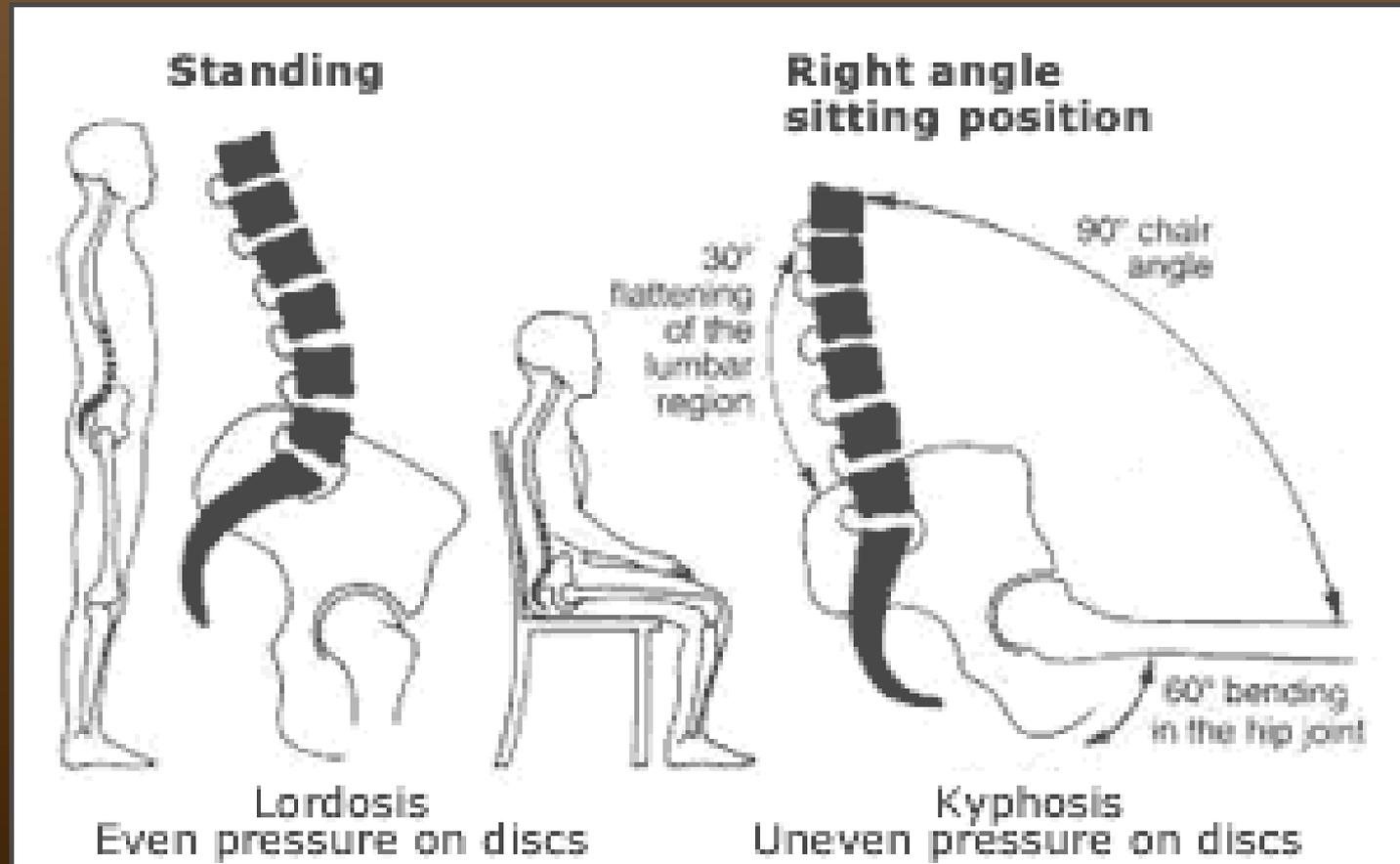
3 INCHES FORWARD

42 Pound Head

“For every inch of Forward Head Posture, it can increase the weight of the head on the spine by an additional 10 pounds.”

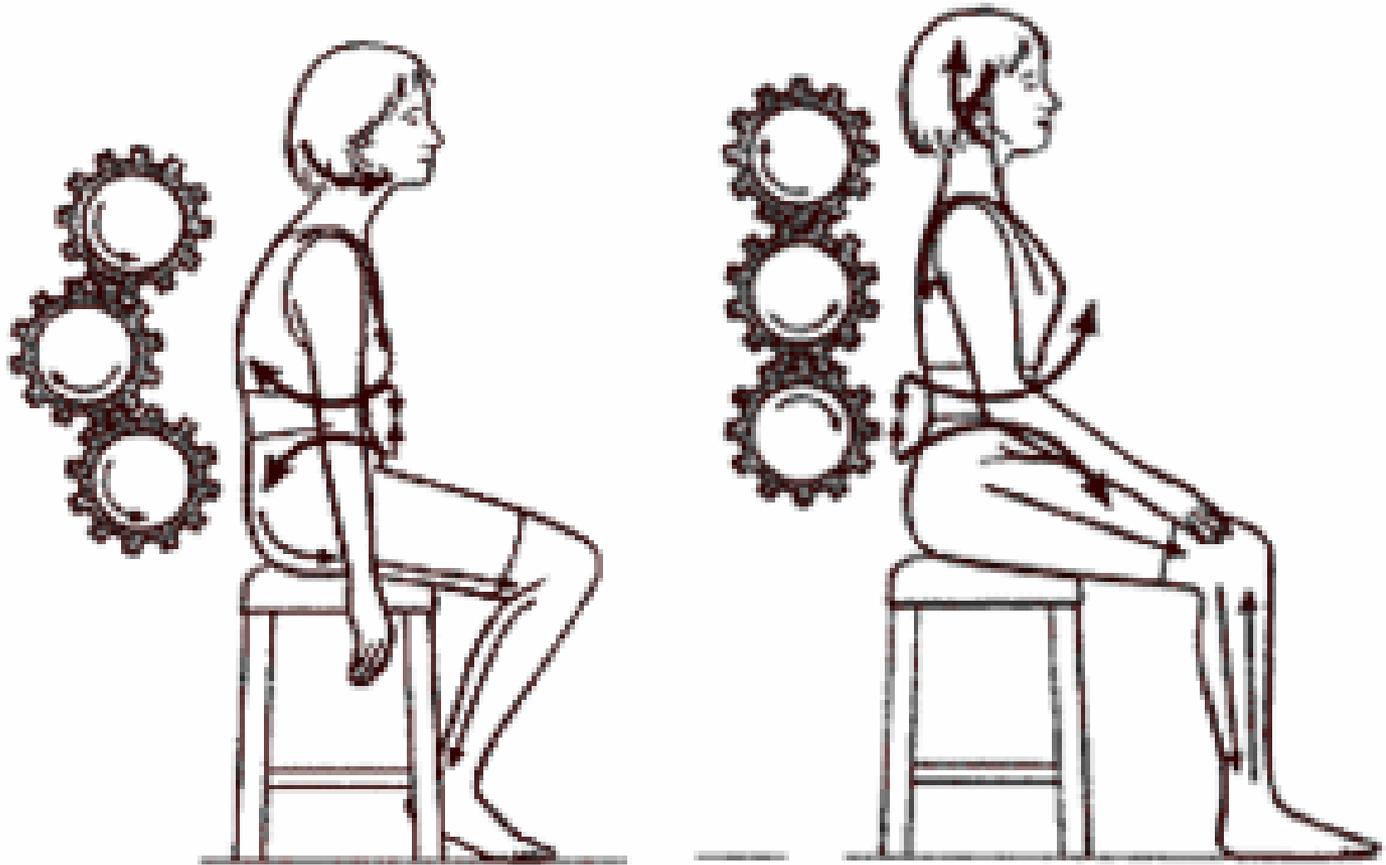
Kapandji, Physiology of Joints, Vol. 3

Sitting: Why the increase in loading?



Goal: Attain Near Normal Alignment

Joint centration in upright posture.



In the Car



Figure 1

At the Computer



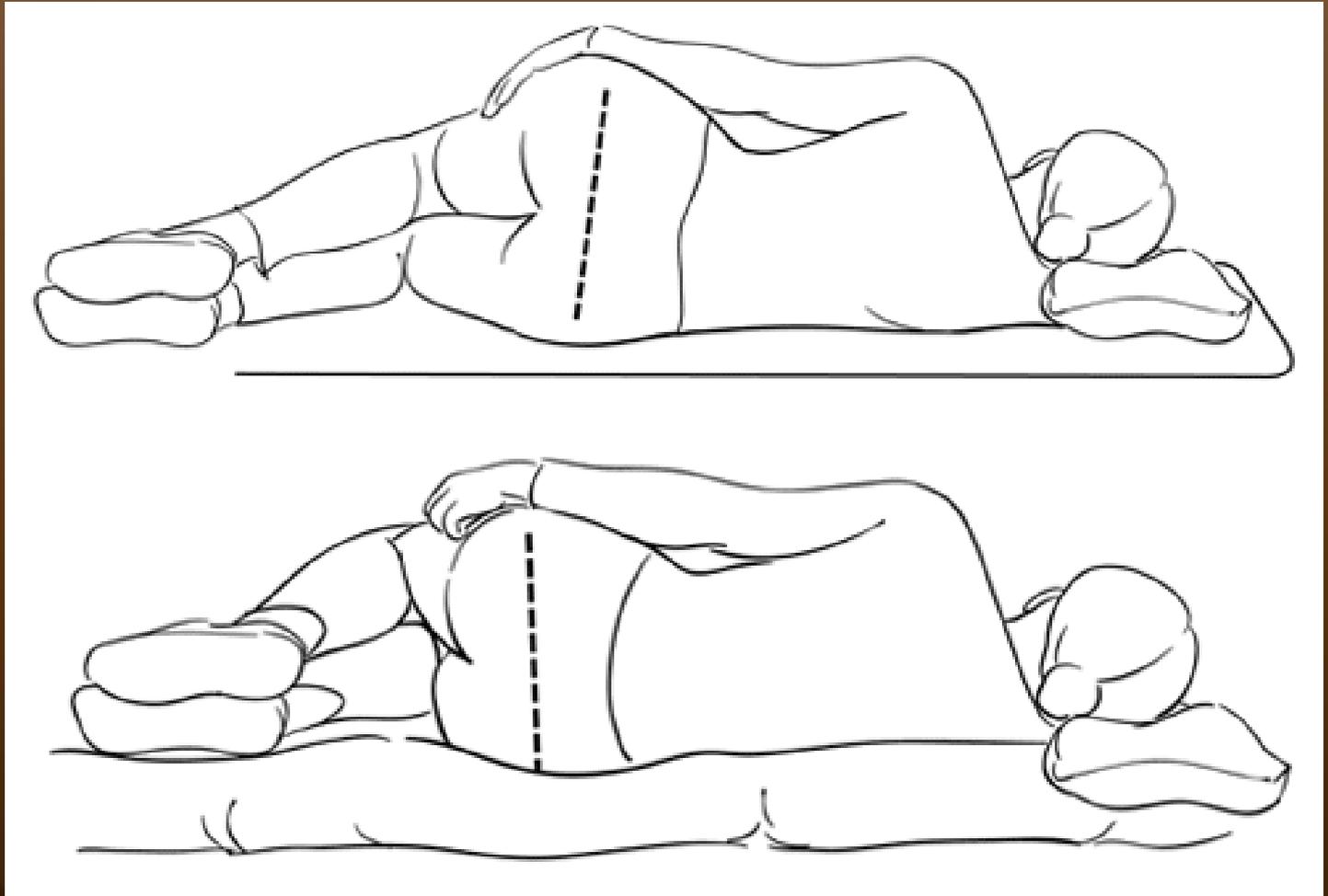
Listening to a Posture Talk



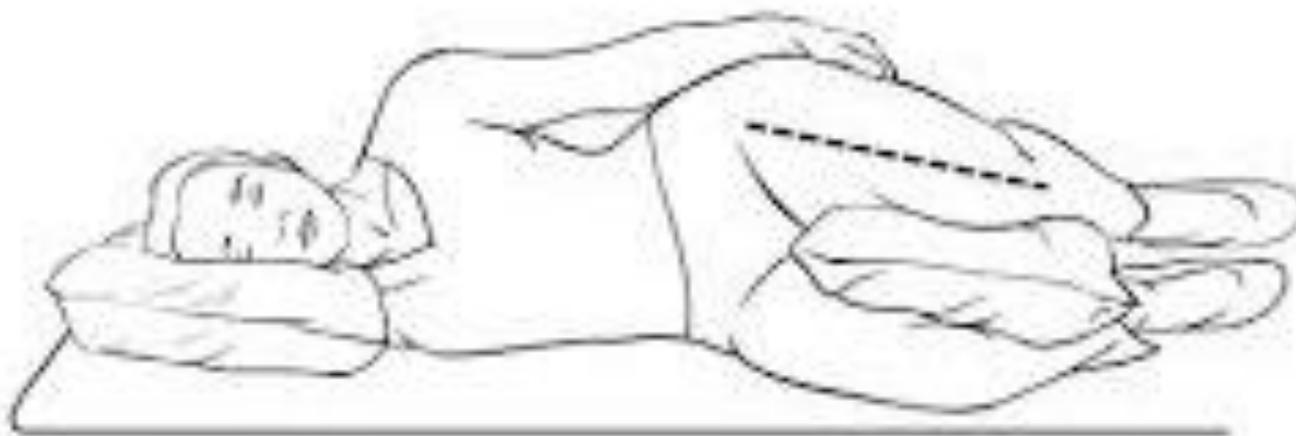
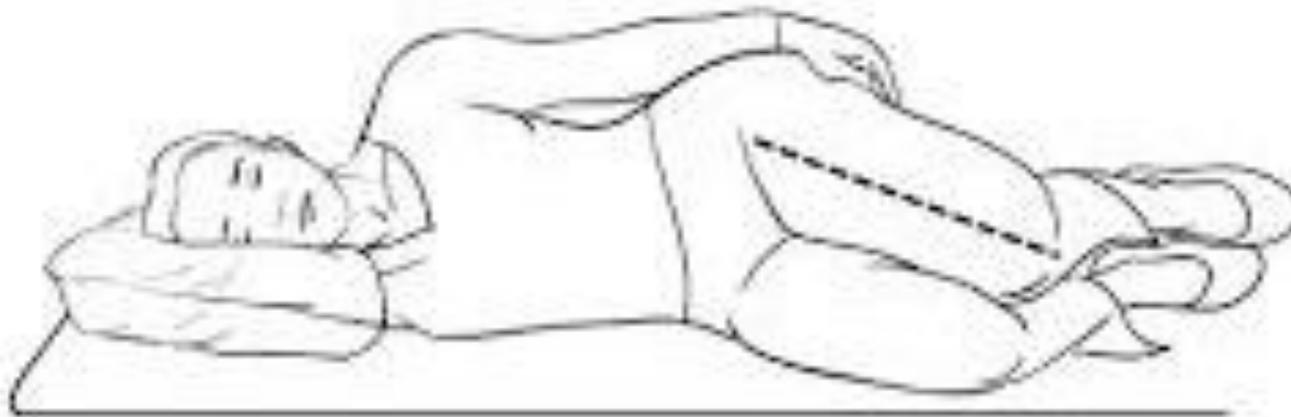
Resting/Sleeping Posture



Goal: Attain best alignment possible



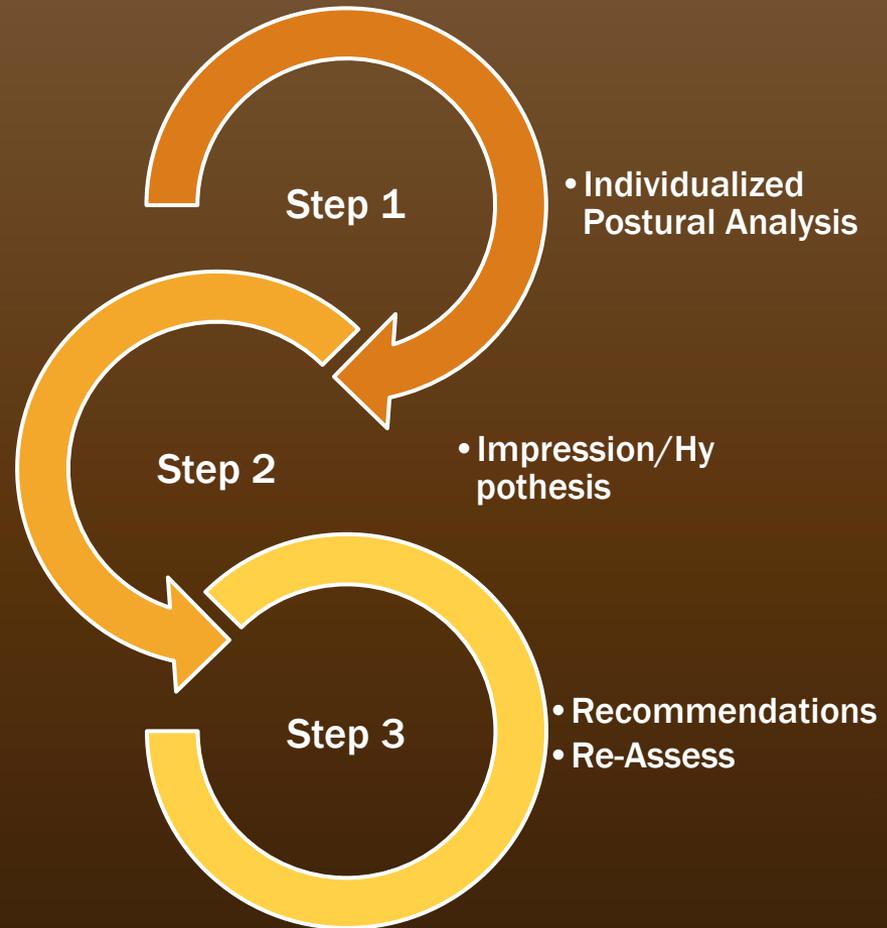
Sidelying: Pillow



On Back & Side



Individualized PT Evaluation



Interventions



- **Exercise if appropriate**



- **Bracing (orthotics)**

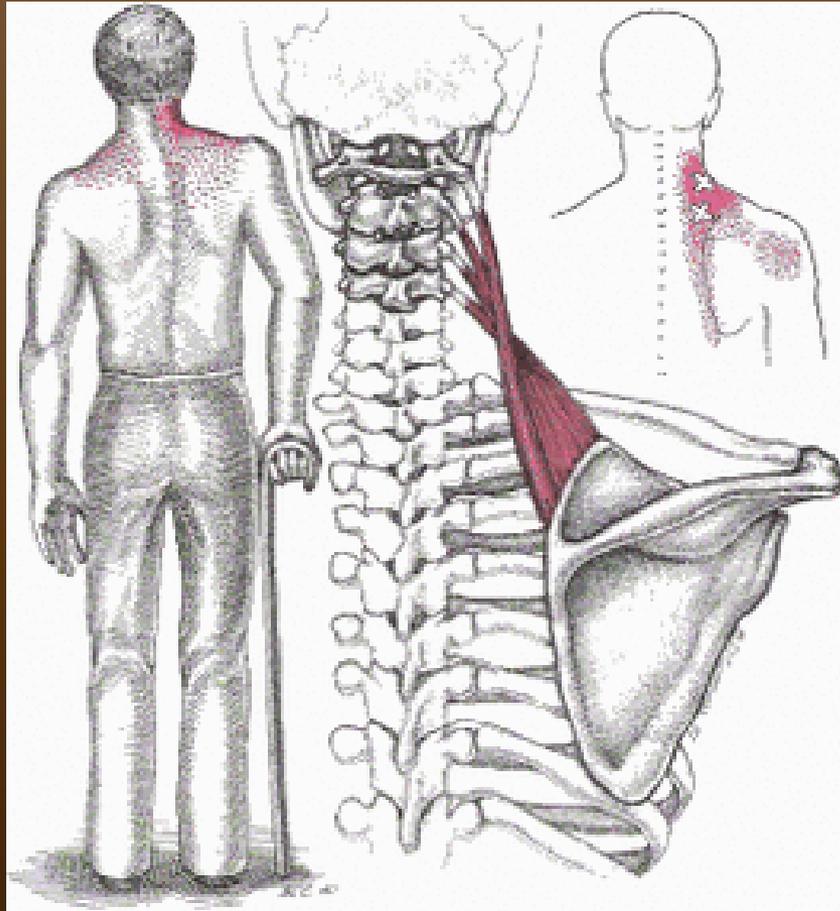


- **Assistive Devices**



- **ATP Seating Assessment**

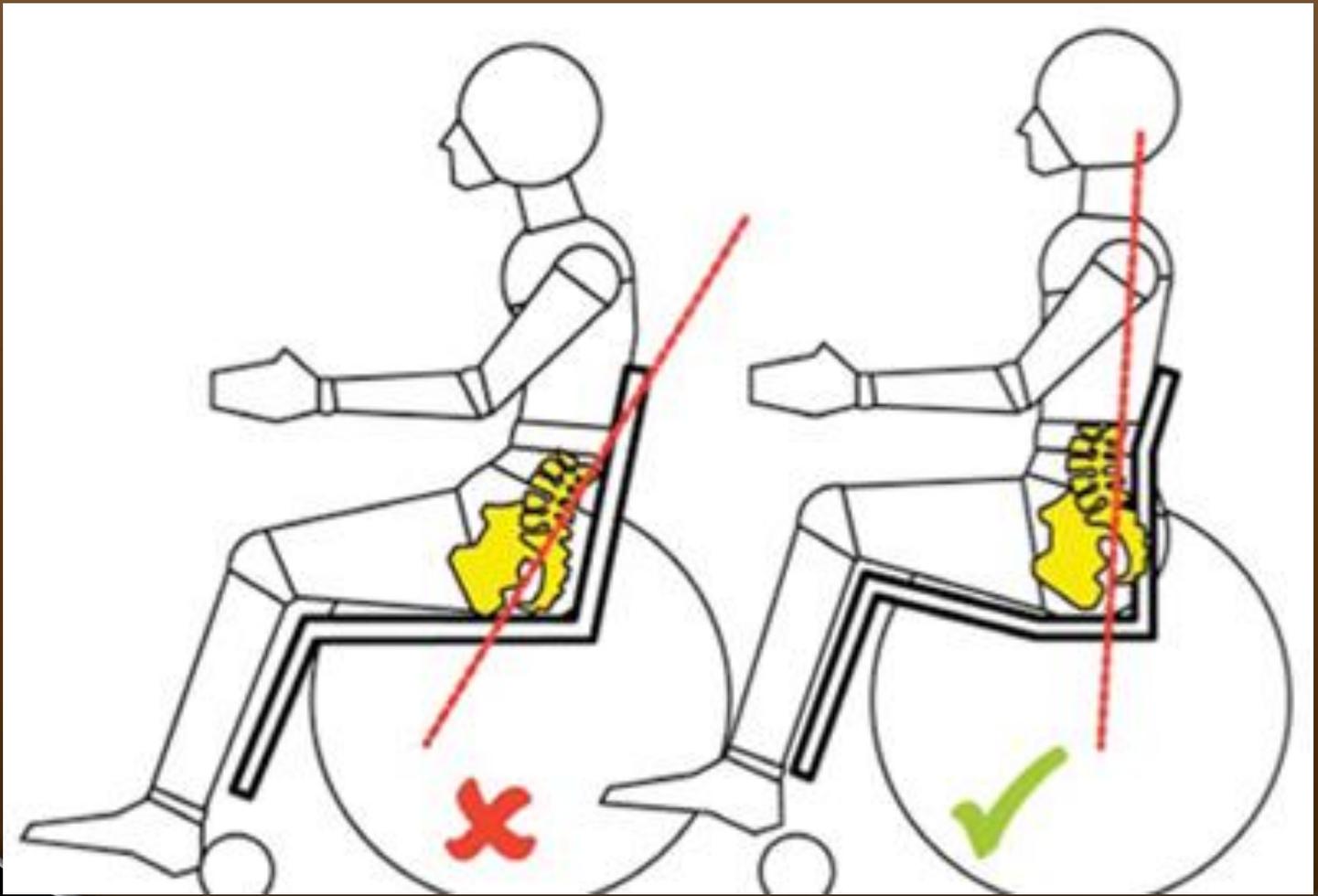
Problem Solving: Standing



Problem Solving: Walking



Problem Solving Seating



Meet Pixi



30 Years Later



2001-02: Individualized Evaluation

Goals:

- Reduce falls
- Fatigue
- Reduce pain
- Stay strong

Recommendations:

- AFO/Loftstrand crutches
- Scooter (van)
- Seated fitness program



Scooter: Zoo with Grands!



Rocking the Hat with Friends!



2006-08: Individualized Evaluation

Goals:

- Reduce pain
(neck and upper back)
- Reduce fatigue
- Stay strong

Recommendations:

- Massage
- Power chair
(Tilt/recline with head rest)
- Head set for phone
- Seated fitness program



On the Road!



2009-10: Individualized Evaluation

Goals:

- Reduce Fatigue
- Improve Function
- Stay Strong

Recommendations:

- Redesign Kitchen
- Seated Fitness Program



Making Cookies with Grands!



2014

Still Rocking the Hat with Friends!





“Mini-Consults?”

Thank You

