

Prevalence of postural alterations and effects of a program to improve the posture in children from Arica-Chile Prevalencia de alteraciones posturales en niños de Arica - Chile. Efectos de un programa de mejoramiento de la postura

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At present the educational institutions do not have an adequate system of Health to detect early changes in postural alteration in children. The aim of this study was to determine the most common postural changes in a sample of 120 students (10,4% of total universe), of 4 years old from Arica-Chile and to determine the effect of a program to improve the posture. The prevalence of the most frequent postural alterations relate to: inclination of shoulders (86%), winged scapula and descend scapula (82%), projection front shoulders (79%), flat feet (58%), lumbar hyperlordosis (51%) and inclination of head (50%). Subsequently in the experimental group was applied a program of exercise muscle and postural reeducation for a period of 8 months. At the end of treatment was applied a post-test to all children. The results in the experimental group showed a significant decrease in initial prevalence rates in all alterations. The differential recovery shows significant differences among the study