

## POSTURAL DEFECTS AND THEIR REMEDIAL PROGRAMME

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### ABSTRACT

The purpose of the study was the hypothesis stated earlier in the study the common postural defect prevalent among the boys would be lordosis, hypnosis, scoliosis and Flat-foot. The investigator had a belief that hardly any student might have any defect, but the scholar found in his research work that there are many students who suffer from different type of defects. 1400 students were selected from 2<sup>nd</sup> to 5<sup>th</sup> standard of the Vadodara Municipal corporation Primary School to evaluate their posture and to detect Lordosis, Kyphosis, and Scoliosis and Flat-foot commonly prevalent in school, students with the help of pedograph and spondylometer to identify postural deformity/deformities namely, kyphosis, lordosis, scoliosis and Flat-foot. These 'parameters' were used. From the total 1400 students 1129 students were found to have normal posture 124 students have multiple defects and 147 have single defect. Amongst the 124 subjects 49 suffered from Lordosis, 36 suffered from Kyphosis 21 from Scoliosis and remaining 41 suffered from Flat-foot. The scholar had gestured that Lordosis, Kyphosis, Scoliosis and Flat-foot were the most common deformities, among the students and it found true. The scholar also found that they were due to poverty in students' parents and poverty was the main causative factor to develop the postural deformities. 1400 subjects were surveyed among them subjects of single deformities were 147 i.e. 10.50 percentage; multiple deformities 124 i.e. 8.86 percentage; and normal postural 1129 i.e. 80.64 percentage. Among single deformities Flat-foot 41 i.e. 2.92 percentage, Scoliosis 21 i.e. 1.50 percentage, Kyphosis 36 i.e. 2.57 percentage and Lordosis 49 i.e.3.50 percentage.

**KEYWORDS:** Deformity/Deformities Namely, Kyphosis, Lordosis, Scoliosis and Flat-foot