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Postural behavior versus musculoskeletal pain: What is the relationship in school-age children?

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Children's bad postural behaviours is considered to be one of the main risk factors contributing to musculoskeletal disorders felt in adulthood, this demonstrates the need to establish early preventive measures. This study is the first part of a larger study that aims to analyze the postural intervention in the prevention of musculoskeletal pain and postural changes in children in the 2nd and 3rd cycle of primary education, and will then take place in two main subprojects. In a subproject we will proceed to validate the scale of evaluation of postural behavior according to the back school program and in the other subproject we intend to analyze the influence of a postural intervention using videogame or postural education in the musculoskeletal back pain and postural habits. The present study is an observational study on the postural changes of children and adolescents from 10 to 18 years of age in the district of Viseu and Leiria, where we will use a body discomfort questionnaire and postural behavior questionnaire. There were 300 participants of both genders (mean age 12.77±2.06). 67.7% report musculoskeletal pain, with 52.8% indicating back pain, being 13.8% to report severe pain and 38.4% indicating that pain was chronic. As for postural habits, 83.3% of the participants had an inadequate posture with the mean pain of 1.78+1.40, higher than the participants with an ideal posture of 1.30+1.35 (p=0.029). These data allow us to demonstrate the need to intervene early in postural behavior in a school context, then the awakening of this theme.

Recent Publications

1. Bracciali LMP, Vilarta R (2017) Aspects to be considered in the elaboration of prevention and orientation programs for postural problems. *Rev Paul Educ Physics* 14 (2): 159-71.
2. Rebolho M C T, Rocha L E, Teixeira L R and Casarotto R A (2011) Prevalence of skeletal muscle pain and perception of postural habits among elementary school students. *Rev Med.*, 90 (2): 68-77.
3. Rebolho M (2005) Effects of postural education on changes in habits in elementary school students. Sao Paulo.
4. Desouzart G, Filgueiras E, Matos R and Dagge R (2016) Postural education: Correlation between postural habits and musculoskeletal pain in school age children. *Advances in Intelligent Systems and Computing*, Vol. 485, Springer, ISBN978-3-319-41982-4.
5. Corlett E N and Bishop R P (1976) A technique for assessing postural discomfort. *Ergonomics* 19(2):175-182.

Biography

Gustavo Desouzart completed his PhD in the specialty of motor behavior at the Faculty of Human Kinetics of the University of Lisbon in 2015. He is currently a Professor at the Piaget Institute in Viseu, Portugal, where he is a Chairman of the Pedagogical Council and is a Postdoctoral student at the University of Beira Interior with the postural education project through video game and motor cognitive training. He has published in several and reputed international journals, as he participated in several congresses and conferences at national and international level. He is a Editorial Board Member of about 10 international journals.

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