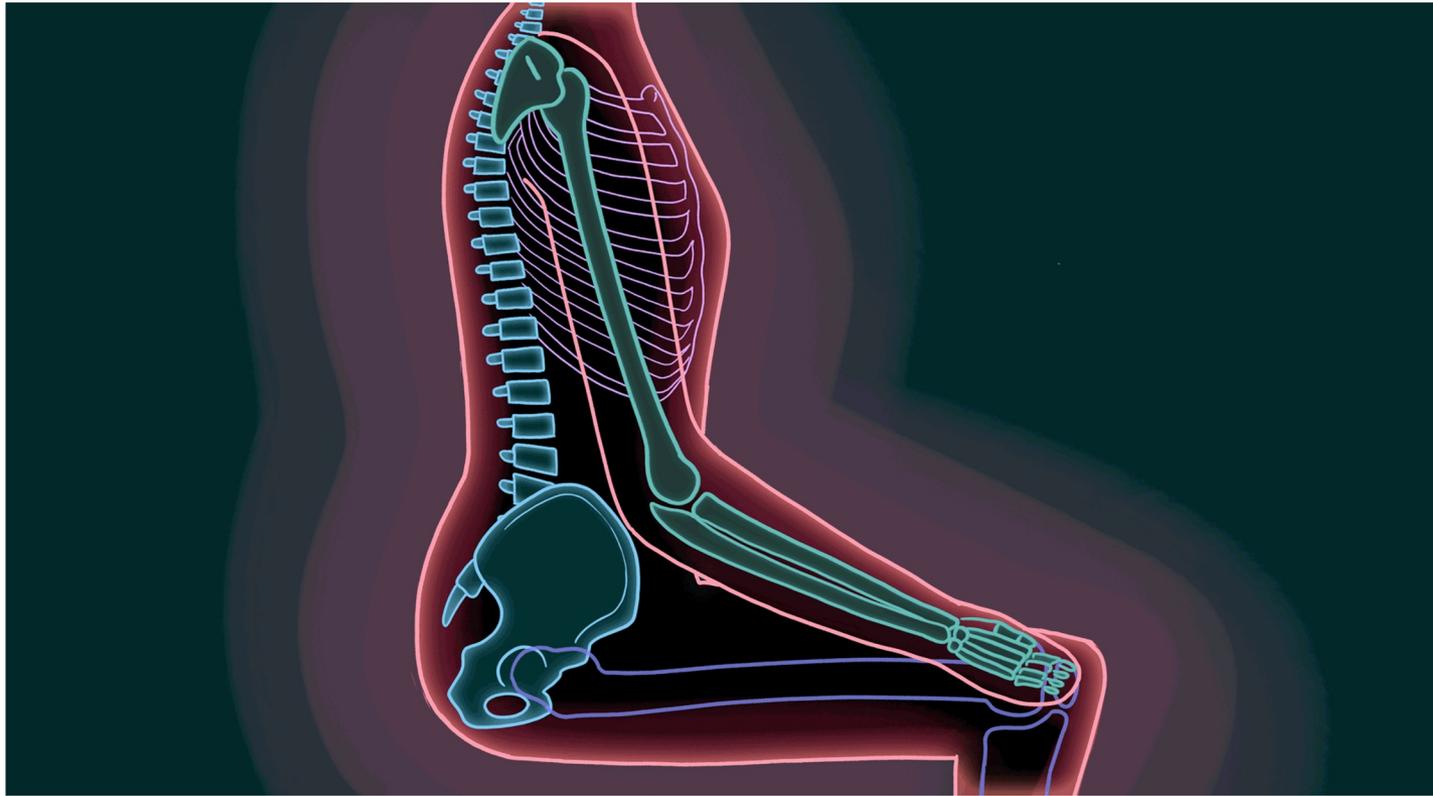


POSTURAL EDUCATION: SITTING HABITS

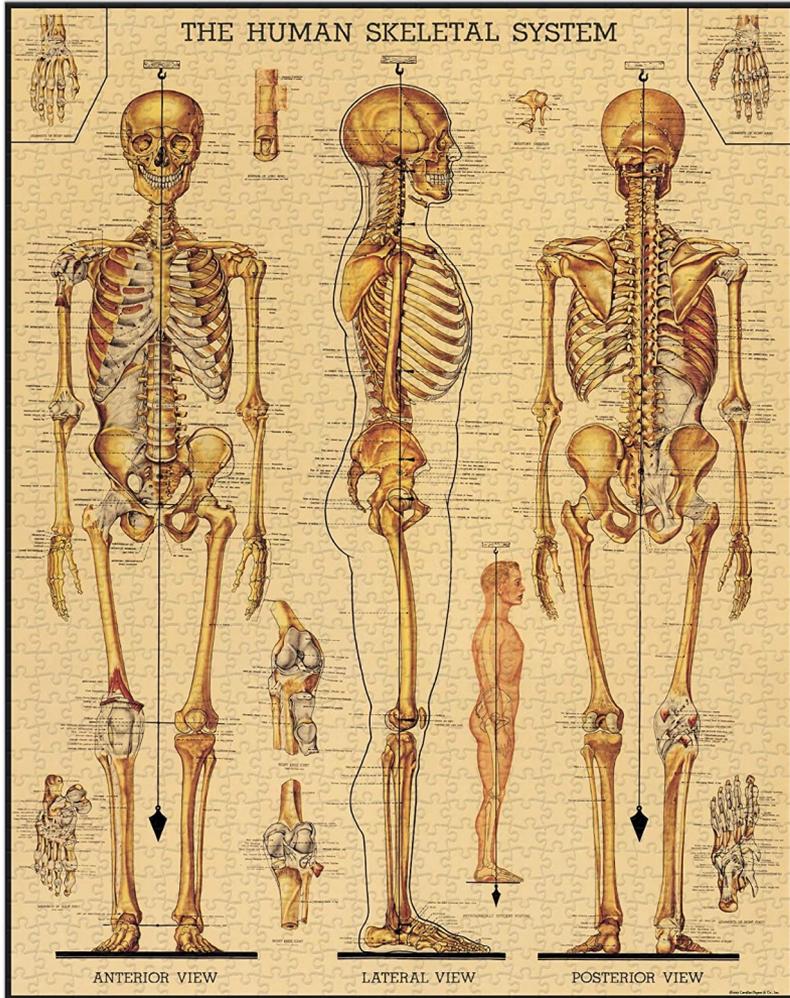


ENGLISH +PE PROJECT

OUR OBJECTIVE:

TO PREVENT / REDUCE: BACK
ILLNESS AND BACK PAIN
DUE TO POOR POSTURE

ANATOMIC CURVES



HIPERCYPHOSIS (Lateral view)



HIPERLORDOSIS (Lateral view)



ESCOLIOSIS (Front view)



HOW TO ACHIEVE IT?

- 1. EVIDENCES / EDUCATION LAWS (PE teacher)**
- 2. BODY LANGUAGE: EMOTIONS / POSTURE (English teacher)**
- 3. SITTING HABITS (PE teacher)**
 - A. ERGONOMICS: table and chair size**
 - B. ACTIONS: to sit down and to stand up**
 - C. POSTURE: sitting posture**
- 4. PRODUCE: explain sitting habits to someone with a tutorial video, poster, web ... (with the English teacher)**

1. EVIDENCES IN OUR GROUPS: WHO SUFFERS BACK ILLNESS OR BACK PAIN?

- **AICLE 1 DATA**

13 PEOPLE (7 GIRLS + 6 BOYS)
TOTAL 19

- **AICLE 2 DATA**

6 PEOPLE (3 GIRLS+ 3 BOYS)
TOTAL 14

- **4ºB/D DATA**

9 PEOPLE (7 GIRLS + 2 BOYS)
TOTAL 18

- **4ºC/D DATA**

15 PEOPLE (9 GIRLS + 6 BOYS)
TOTAL 19

- **4º A DATA**

12 PEOPLE (10 GIRLS + 2 BOYS)
TOTAL 18

- **4º DATA**

55 PEOPLE (36 GIRLS + 19 BOYS)
TOTAL 88 = 62%

1.EVIDENCES



ADOLESCENTS ARE THE GROUP WITH THE HIGHEST RISK OF SUFFERING FROM BACK PAIN AND INJURIES DUE TO THEIR SEDENTARY LIFE (TYPE OF MAIN ACTIVITY) AND PHYSICAL INACTIVITY (USE OF LEISURE TIME) (2017)

http://espanaactiva.es/wp-content/uploads/2017/06/Informe-observatorio_web.pdf

66% SUFFERED FROM BACK PAIN IN THE PAST YEAR. GREATER PREVALENCE IN GIRLS AND INCREASED PAIN IN GIRLS AT 14 YEARS OLD (2016)

<https://www.elsevier.es/es-revista-rehabilitacion-120-articulo-dolor-espalda-adolescentes-prevalencia-factores-13135618>

Al usar el ordenador...

Coloca la pantalla frente a tus ojos, no a la izquierda ni derecha, y a la misma altura, ni más arriba o abajo.
Evita dos errores habituales: levantar los hombros al teclear y proyectar el cuello hacia delante.
Cambia de postura periódicamente, levántate y camina cada 50-60 minutos, aunque solo sea para ir al baño y regresar.



(2022)

<http://www.espalda.org/>



2. TED TALK: AMY CUDDY

**OPEN POSTURE:
POWERFUL**



**CLOSED POSTURE:
POWERLESS**



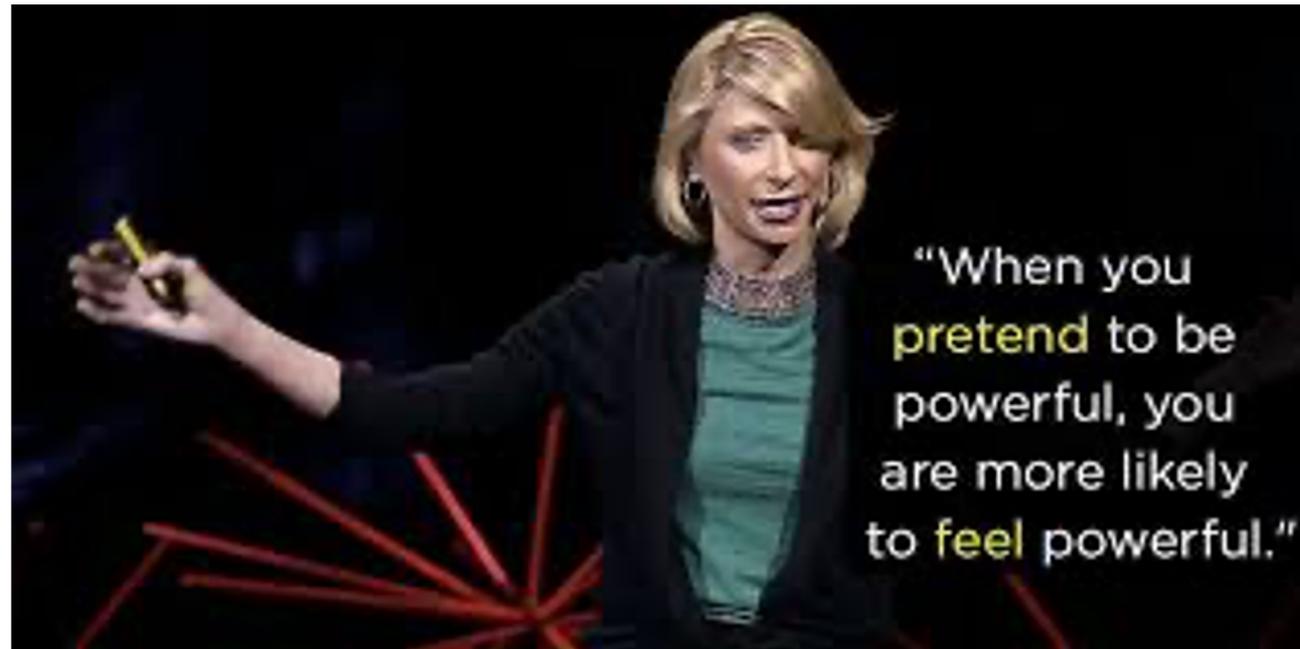
<https://socialpsychologyjournal.wordpress.com/tag/power-poses/>

“

**Your body
language shapes
who you are.**

- Amy Cuddy

SUPERBcommunication.com



“When you
pretend to be
powerful, you
are more likely
to **feel** powerful.”

3. SITTING HABITS

A. ERGONOMICS: table and chair size

A. ACTIONS: to sit down and to stand up

A. POSTURE: sitting posture

A. ERGONOMICS: HOW TO KNOW THE TABLE / CHAIR SIZE?



A. ERGONOMICS: HOW TO KNOW THE TABLE / CHAIR SIZE?



A. ERGONOMICS: PROBLEMS



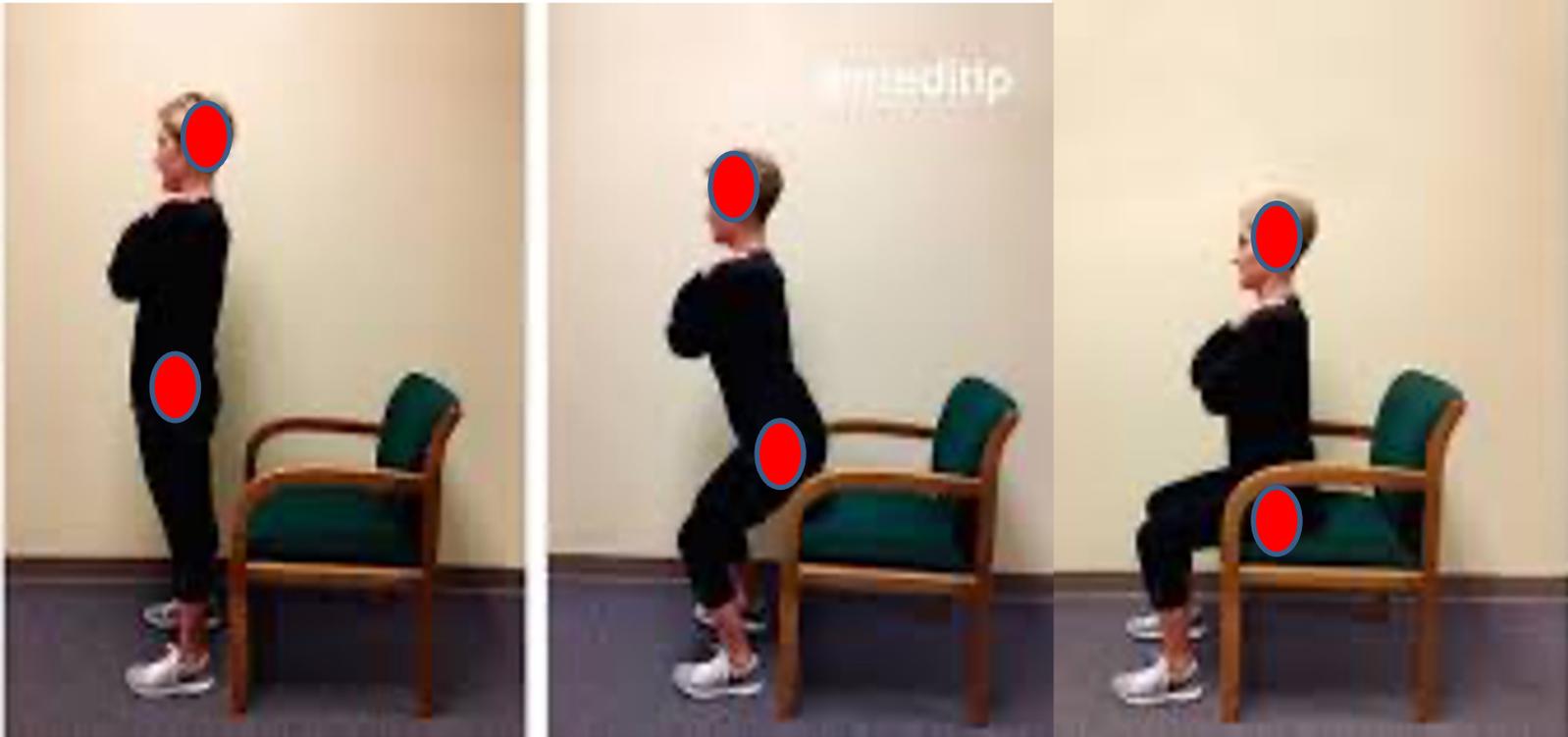
A. ERGONOMICS: SOLUTIONS



B. ACTIONS: HOW DO YOU SIT DOWN & STAND UP?



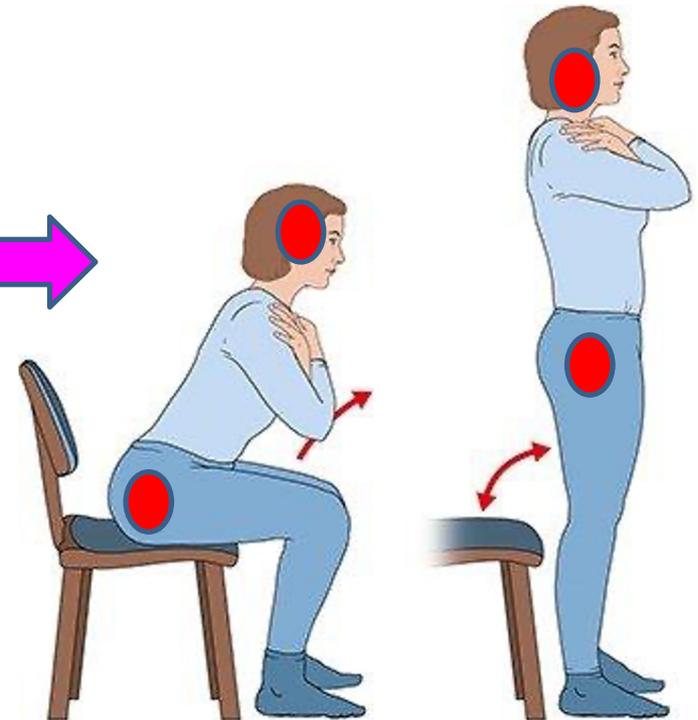
B. ACTIONS: PROBLEMS



ACTIONS: SOLUTIONS



REVERSIBLE



C. HOW YOU ARE SITTING NOW?



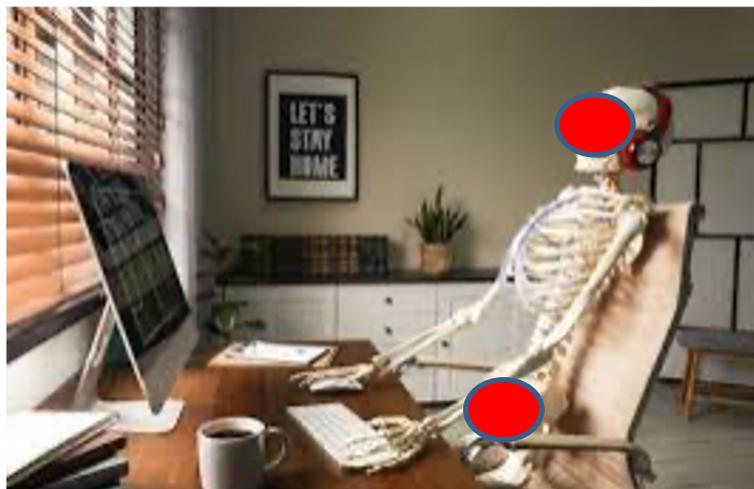
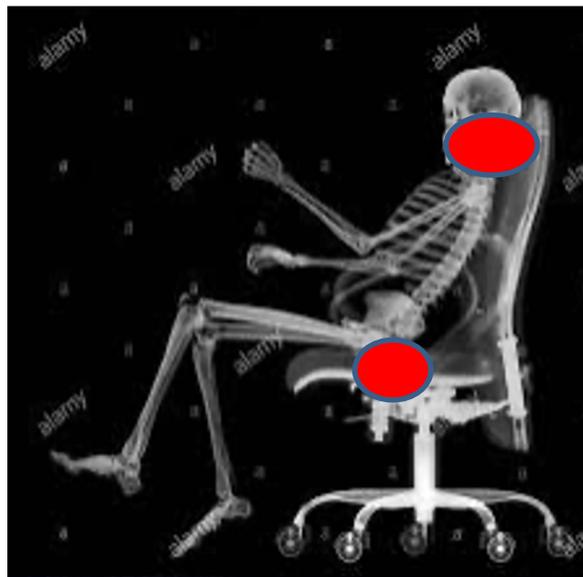
**TO BE AWARE
OF YOUR
POSTURE....**



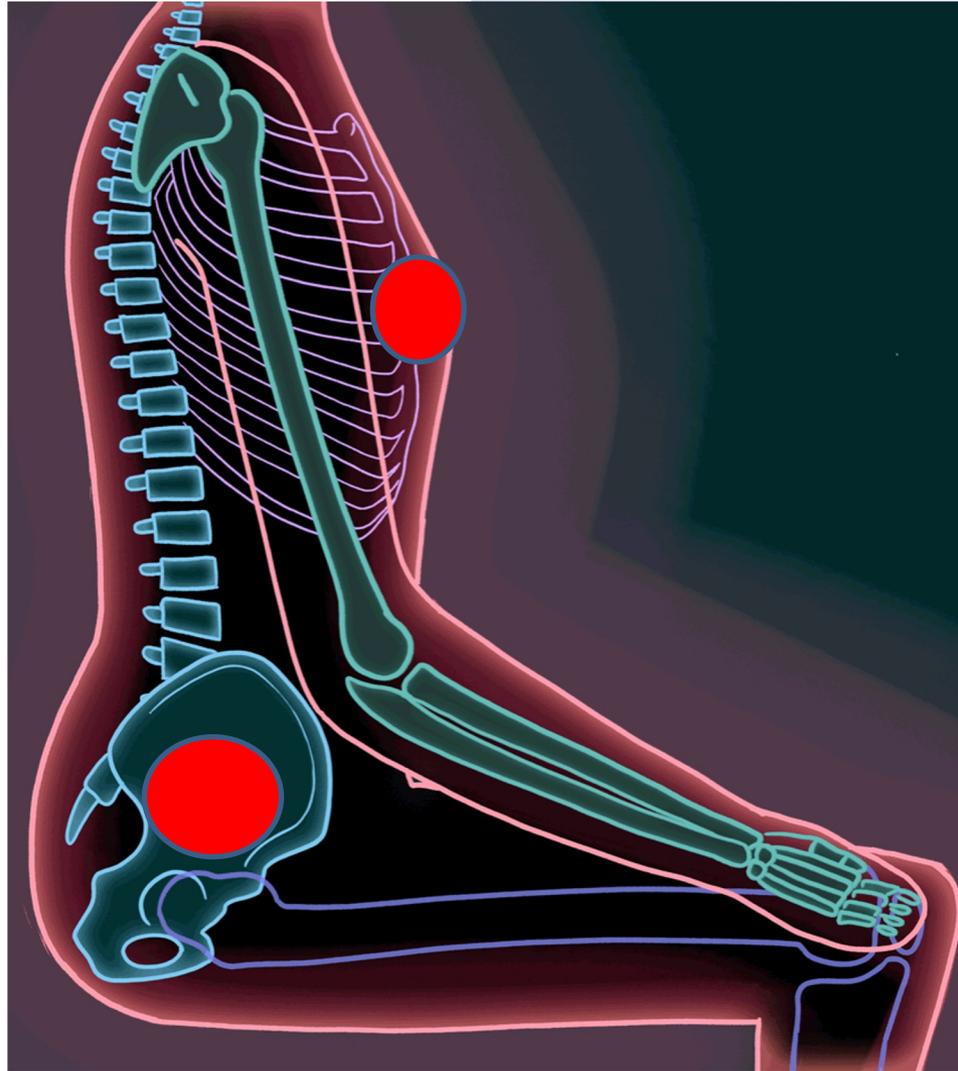
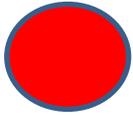
C. SITTING POSTURE: PROBLEMS



PROBLEMS



SITTING POSTURE: SOLUTIONS

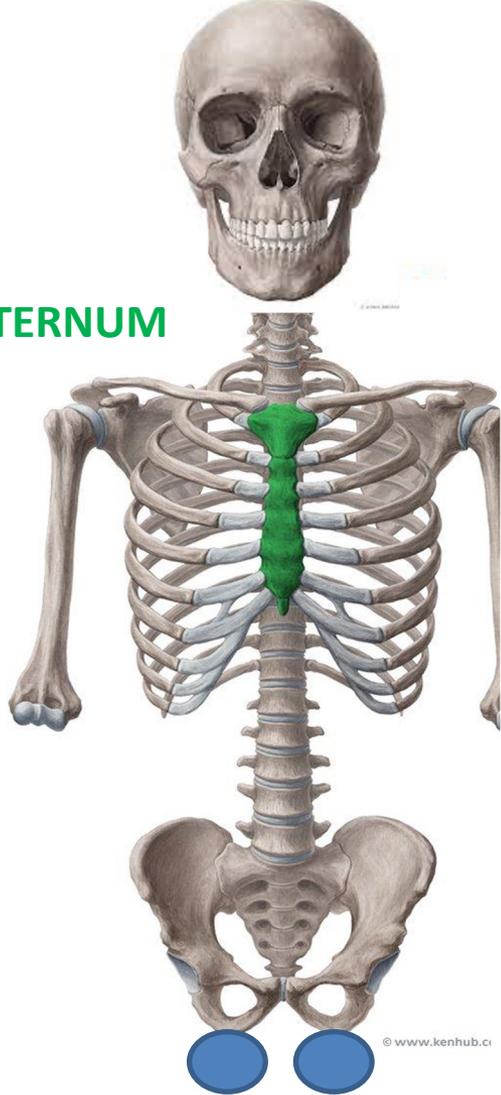




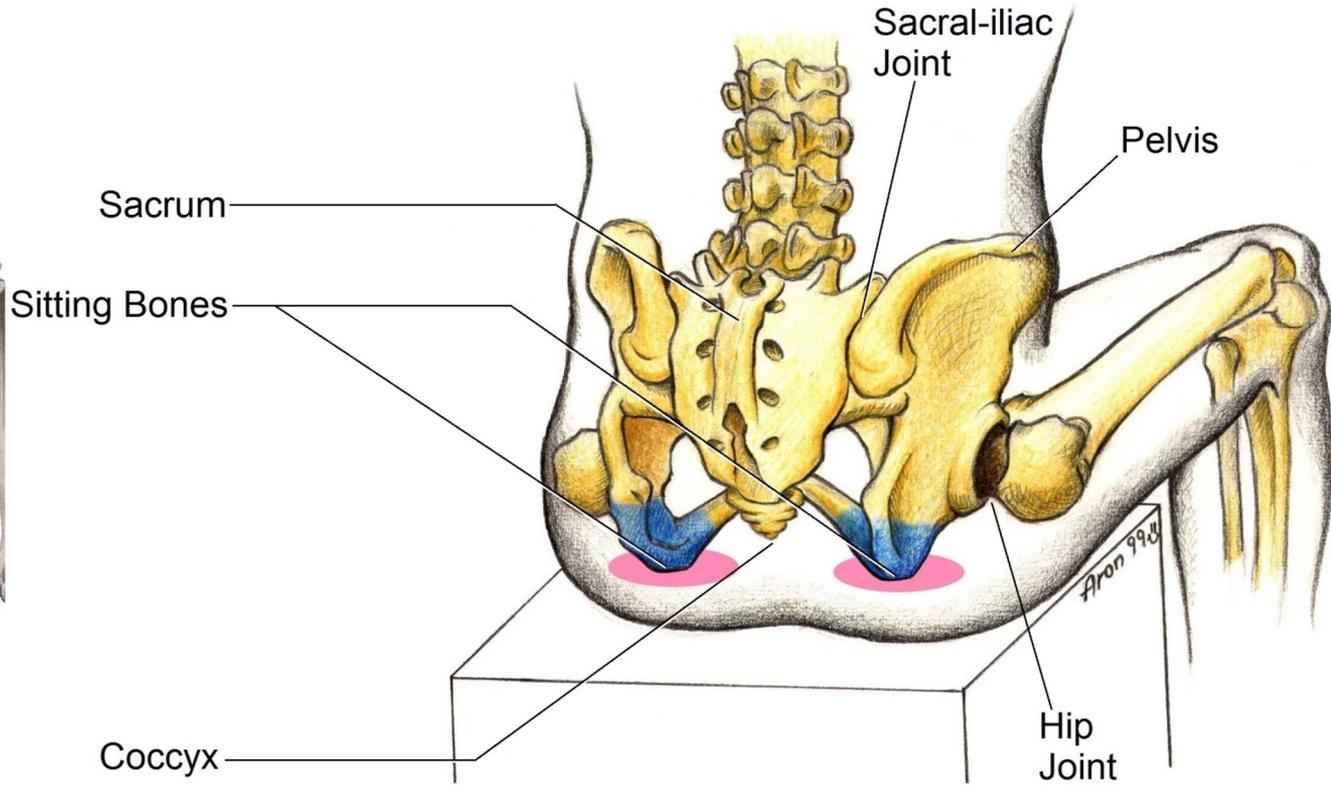
TOP OF THE HEAD

TIPS

STERNUM



SITTING BONES



CONCLUSION

- **POSTURAL EDUCATION = HEALTHY HABITS**

TO BE AWARE OF:

- **BODY LANGUAGE**
- **BODY ORGANISATION**

4. PRODUCE

- **EXPLAIN SITTING HABITS TO SOMEONE WITH A TUTORIAL VIDEO.**

A. ERGONOMICS: table and chair size

A. ACTIONS: to sit down and to stand up

A. POSTURE: sitting posture