

Posture and Core in Polio



Why has my posture deteriorated?

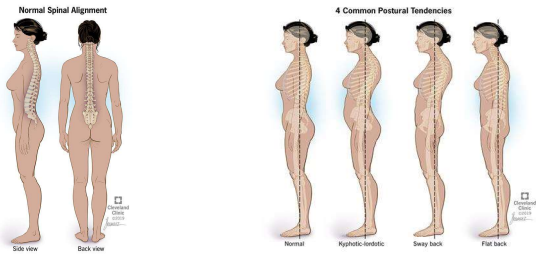
- Post Polio Syndrome
 - New weakness
 - New fatigue
 - Loss of endurance
- Leg length discrepancy
- Scoliosis, lordosis, kyphosis
- Heavy assistive devices
- Use of mobility aides
- Fear of falling
- Weak core
- Osteoporosis
- Normal ageing process



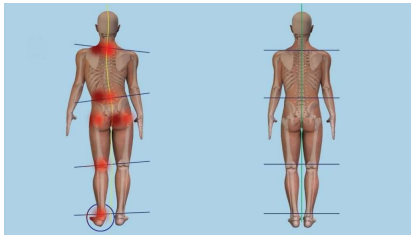
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- People with neurological conditions such as PPS can find it difficult to maintain control of correct posture.
- Posture control requires the musculoskeletal and neurological systems to work together to maintain normal alignment.
- When one or both of these systems struggle we tend to compensate by overusing some muscles, leading to muscular imbalance, tightness, weakness and often pain.
- Progression of symptoms can lead to falls and a decrease in ability to perform common activities of daily living.

Normal versus poor posture patterns



Effect of leg length discrepancy on posture



What can be done to improve my posture?

- Thorough assessment of standing and sitting posture
- Correction of leg length discrepancy
- Energy conservation
- Mobility devices
- Balance training
- Core exercise
- General strengthening program for suitable muscles

What are the core muscles?

- The core is a group of muscles extending from the ribs to the pelvis
- Think of them as like a girdle for your trunk
- They include
 - Transverse abdominus
 - Internal/external obliques
 - Rectus femoris
 - Multifidus
 - Erector spinae
 - Pelvic floor, Diaphragm, Gluteals

Why are core muscles important?

- Core muscles support, control and move your trunk and pelvis
- Core muscles stabilize your trunk whilst moving your limbs
- Control of core muscles allow us to bend forward, backwards, sideways, and to twist.
- Working on strength and control assists in improving balance reactions, decreases energy expenditure (via decreased excess movement), improves posture and prevent pain in the lumbar spine

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 - Muscle cramp
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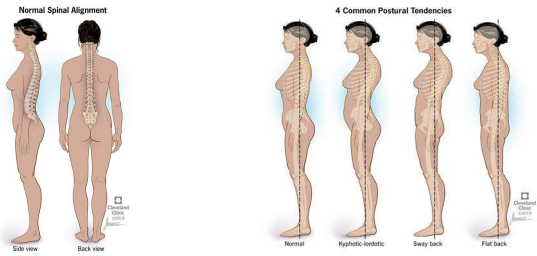
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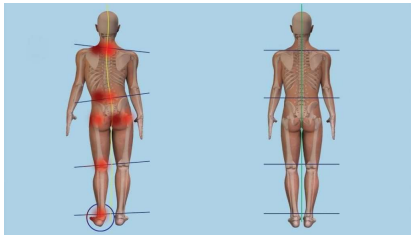
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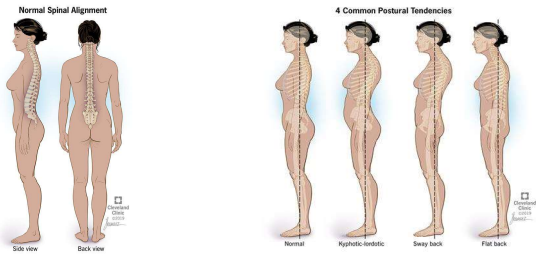
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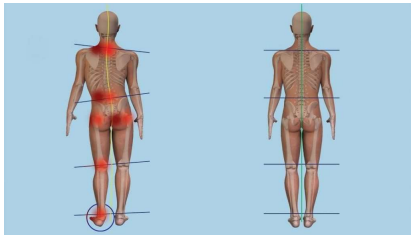
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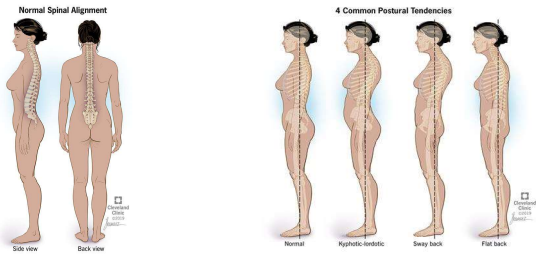
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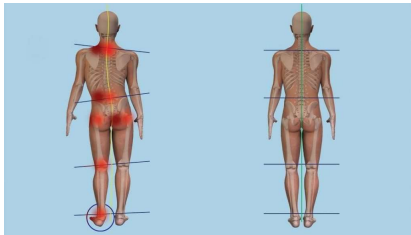
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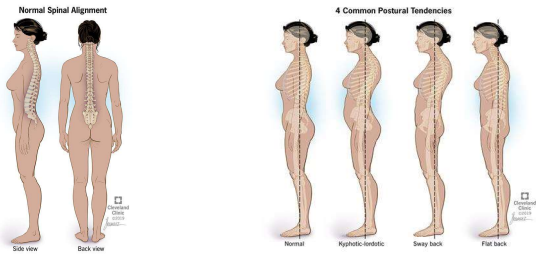
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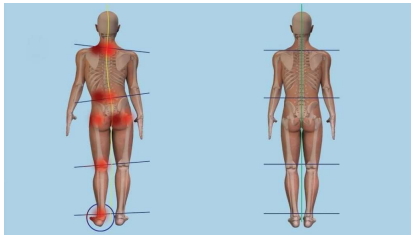
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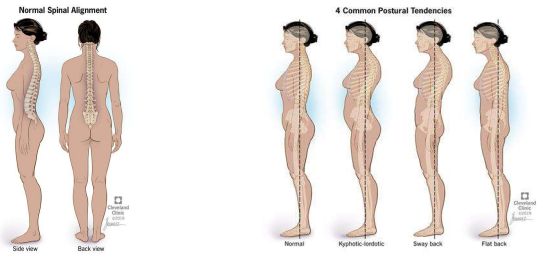
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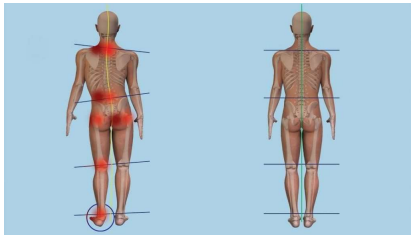
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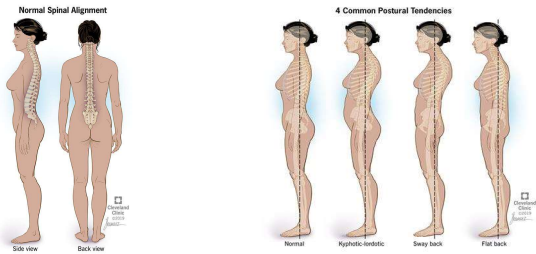
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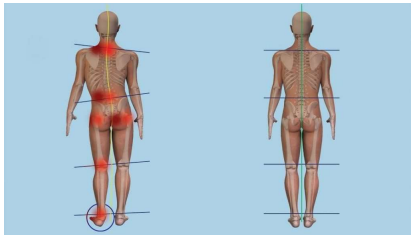
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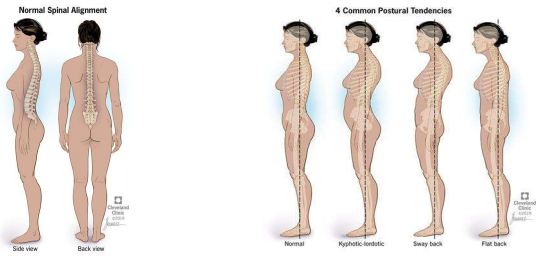
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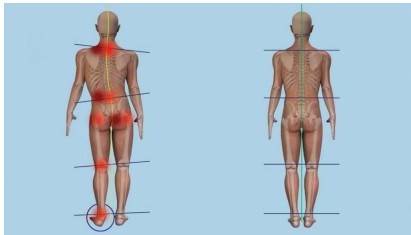
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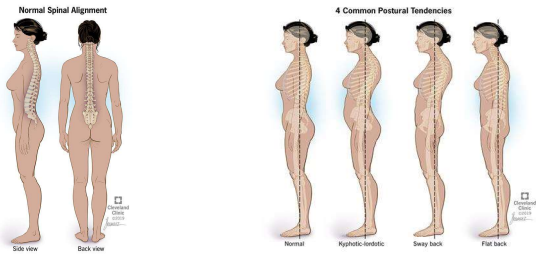
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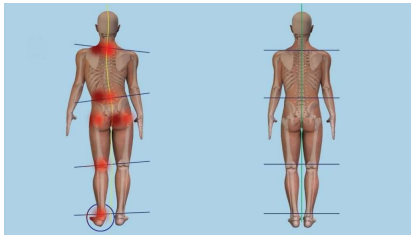
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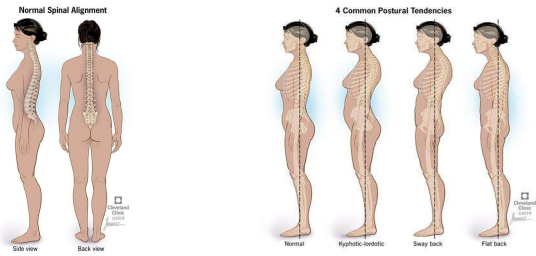
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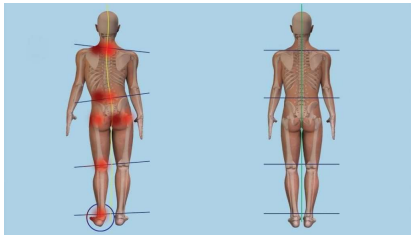
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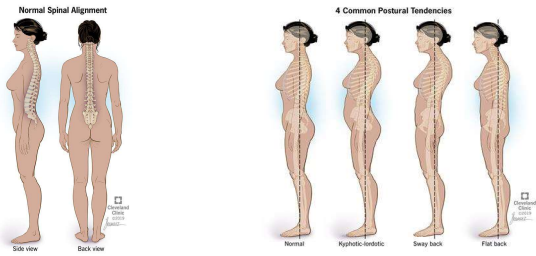
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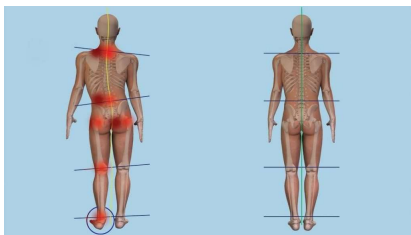
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Posture and Core in Polio



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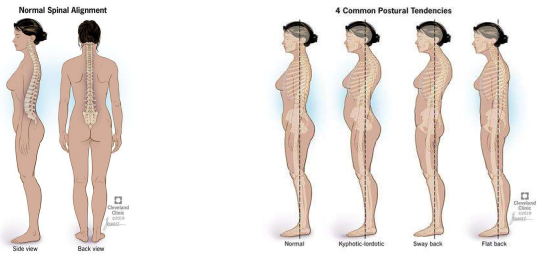
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- Normal ageing process



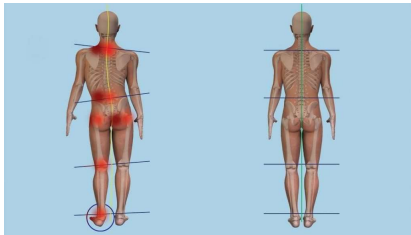
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Normal versus poor posture patterns



Effect of leg length discrepancy on posture



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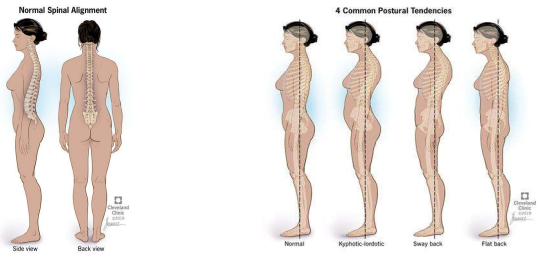
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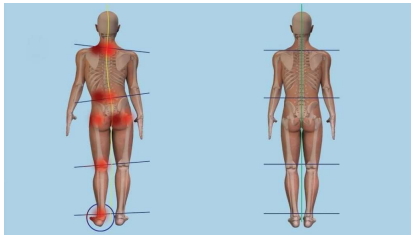
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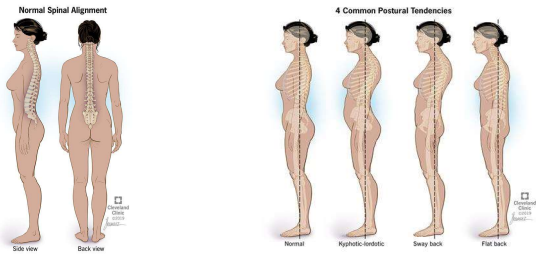
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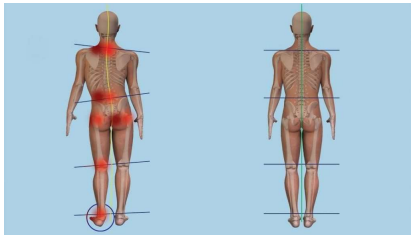
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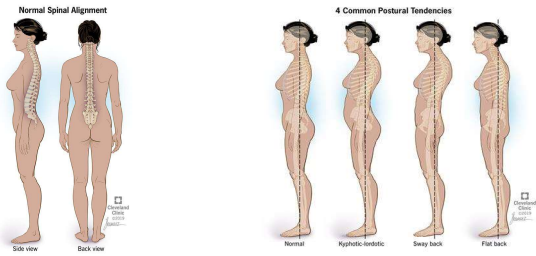
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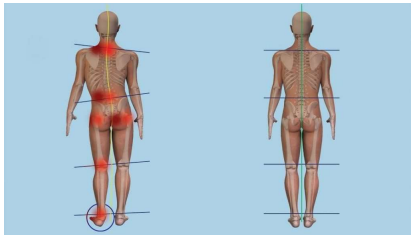
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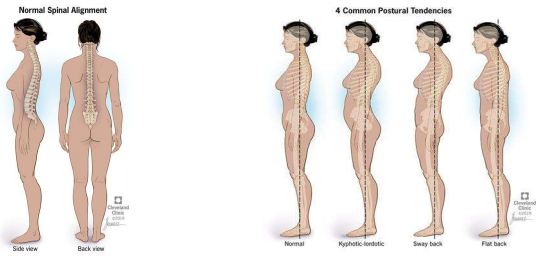
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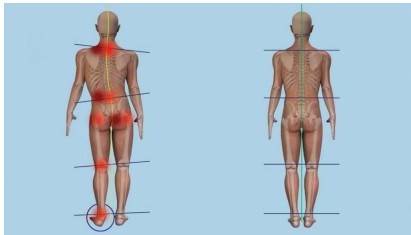
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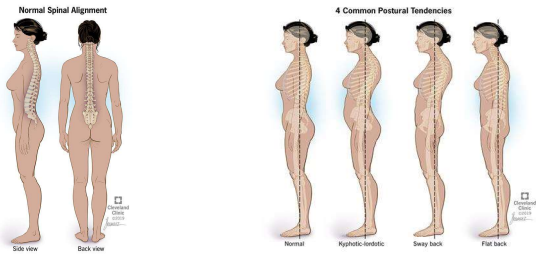
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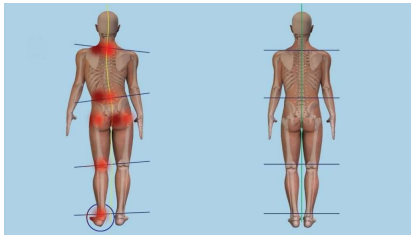
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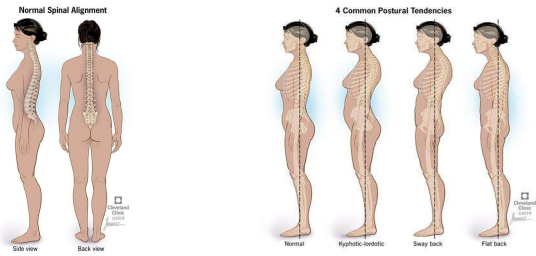
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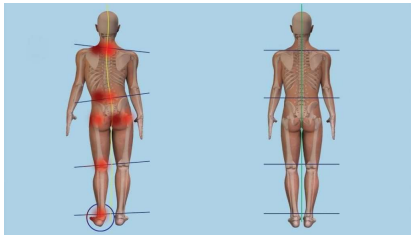
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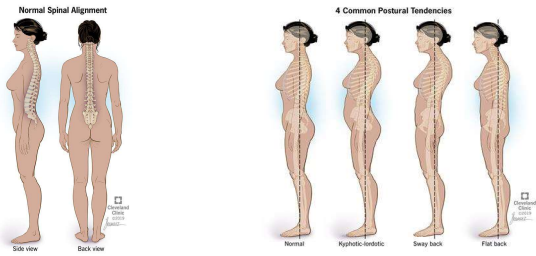
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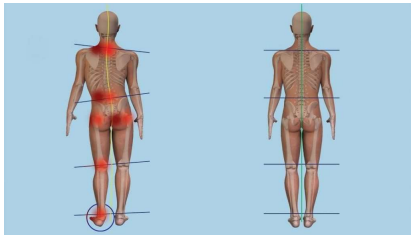
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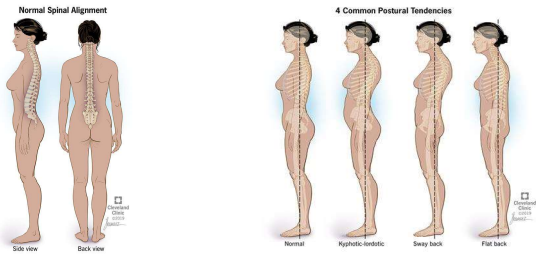
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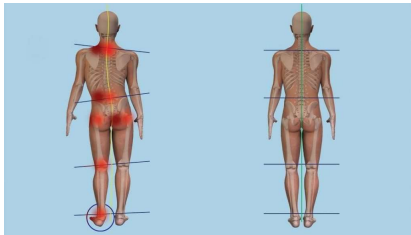
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