

23 - PREVALÊNCIA OF ALTERATIONS POSTURAS BETWEEN BEGINNINGS IN THE PRACTICAL ONE OF ACTIVITY PHYSICS IN AN ACADEMY OF SÃO JOÃO DEL REI-MG.

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SUMMARY

The population each time more comes being attack with some posturais alterations and these they provoke physical problems serious comprometedores in the quality of life. The objective of this study is to evidentiary the main posturais alterations between the beginning ones in the practical one of physical activities of an academy in São João Del Rei, MG in the period of July the December of 2004. This study propose to verify it which posturais elements they must be presented giving one it has supported specific and fidgeting for the one accomplishment program ergonomicamente elaborated. A collection was carried through initially of data in the Apollo Academy of São João Del Rei, MG in a group of 700 pupils beginning in the physical activity, with the average age of 28 years, of the sort feminine masculine and that if they had submitted to the physical and posturais evaluations. It was used the system of physical evaluation computerized PHISYCAL TEST 4.2. The evaluation it was carried through to leaving of the inferior members for the superiors having segmentation in accordance with the anatomical regions, as feet, knees, hips, trunk, shoulders and neck. The visual inspections had been carried through in such a way in the plan sagittal how much in the plans frontal, dorsal and in the position antero-flexion. Results gotten with the carried through study had evidenced that 100% of the evaluated ones they had presented alterations in posturais shunting lines. Scoliosis was found in 56, 8% of evaluations, being convex 38.1% right and convex 18.7% the left, hiperlordose in 28, 1% and hipercifose in 17, 8%. It was observed that the factors preponderant for a bigger number of these shunting lines they had been that in almost its totality the evaluated people was of age enters the 14 28 years, sedentary rights hand and. One concluded that programs and evaluations of orientation e immediate intervention, periodic and corrective, is preponderant factors stops the prevention and improves significant of posturais shunting lines and quality of life, making possible thus a good corporal biomechanics, using itself of the ergonomics in the accomplishment of exercises.

Words keys: evaluation posturais, sedentary postural, shunting lines.

INTRODUCTION

The physical and postural evaluation in the current days carried through for the physical educators in the academies, she is of utmost importance and the professional it has the duty to possess knowledge and conditions to elaborate a program of coherent and safe activities for the evaluated pupil, thus minimizing any posturais shunting lines and also preventing future injuries ósteoarticulares e muscular. (PONTES, 2003).

The evaluated one must be observed as a whole; therefore one postural disequilibrium never is presented of isolated form. It is had that to establish criteria of morphologic and functional adaptations how much to balance and the coordination of the movements of the body, not importing the plan that he is being analyzed and yes the line of gravity and the segments that not they will be compatible with the perpendicular axle to the ground if finding in disequilibrium. The main debilitates of the trunk are: scoliosis, hipercifose, hiperlordose, (cervical and lumbar). (GRECO, BENDA, 1998).

It is basic to establish goals and strategies for reach of the longed for objectives, and this is only possible through the verification of the involved 0 variable, so that from the analysis of the data, it can be established the best planning to be initiated and/or to be kept. (BRIDGES, 2003).

It is important that it has a good orientation of the professor of Physical education and the use of devices ergonomicamente adjusted. Beyond of this never if it must make a physical activity above of its limit, without examinations previous and a good physical conditioning. In case that some type of injury occurs, an orthopedist must be interrupted the physical activity and immediately be looked for faster possible. (GRAVA, 2005).

The objective of this study is to evidentiary the main ones postures alterations between the beginning ones in practice of physical activities of an academy in São João Del Rei, MG in the period of July the December of 2004 This study propose to verify it which postures elements they must be presented giving one it has supported specific and fidgeting for the accomplishment of a program ergonomicamente elaborated.

MATERIALS and METHODS

Research carried through in the Apollo Academy of São João Del Rei, MG, enters the period of July the December of 2004. Evaluating one group of 700 beginning pupils in the physical activity, with the average age of 28 (14 the 70) years of masculine and feminine the sort that if they had submitted to the physical and posturais evaluations, using the system of Computerized Evaluation PHYSICAL TEST 4.2, being that the evaluated ones in its great majority, did not take previous knowledge of its posturais shunting lines. The physical educator will have to guide the evaluated one so that exactly at the moment of the evaluation duly he is worn objectifying that evaluation flows in way due and correct thus removing obstacles that they can confuse the posturais shunting line detention. The evaluation will have to be initiate from the inferior members for the superiors having the segmentation in accordance with the anatomical regions, as feet, knees, hips, trunk, shoulders e neck. The visual inspections will have in such a way to be carried through in the sagittal plan how much in the plans frontal, dorsal and in the position antero - flexão. Later to the visual inspection the main alterations must be stored in the program, for future comparisons after a period of physical activity, aiming at one maximização of the exploitation of the same ones.

RESULTS

Table 1 demonstrates the gotten results of the 700 evaluated in the analysis of evidences posturais shunting lines in the different bands eateries (the 14 70 years), on the basis of graph 1.

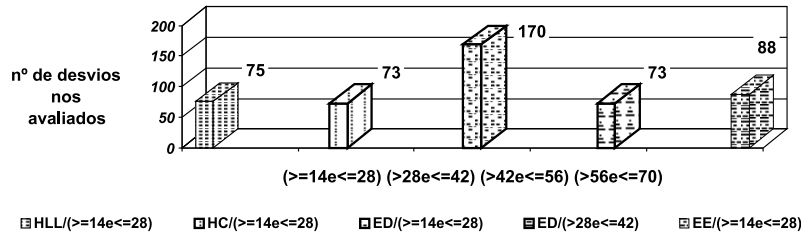
Results gotten of 700 evaluated, beginning ones to the practical one of physical activity in the analysis of shunting lines evidences posturais.

Nº gotten	% gotten	Shunting lines	Band etária
75	10,7	Hiperlordose Lumbar	(the 14 28 years)
73	10,4	Hipercifose	(the 14 28 years)
170	24,3	Right Scoliosis	(the 14 28 years)
73	10,4	Right Scoliosis	(the 28 42 years)
88	12,6	Scoliosis left	(the 14 28 years)

Table 1. reitados gotten on the basis of graph 1.

The graphs to follow vão to display given gotten for the APOLLO ACADEMY, of the city of São João Del Rei/M.G, of the 700 pupils evaluated in analysis of evidentes posturais shunting lines in the different etárias bands of 14 the 70 understood and divided years of the following form: (>=14/<=28), (>28/<=42), (>42/<= 56), (>56/<=70). The analysis of the graph 1 sample that of shunting lines found in relation the etária band escoliose got greater evidence with 47,3% of results, being convex 34,7% right and convex 12.6% the left. Already hiperlordose lumbar he was in 10,7% and hipercifose in 10,4% of the evaluated ones.

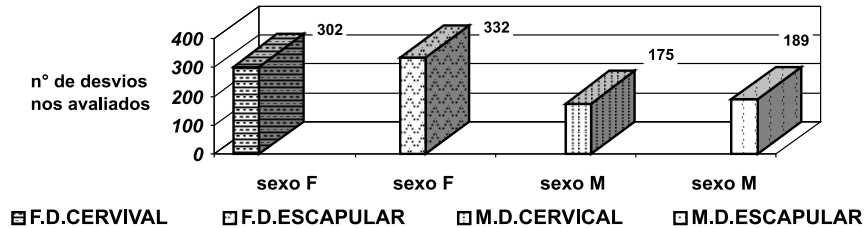
Prevalência of posturais shunting lines more evidentes in the different etárias bands of 14 the 70 years of age



Graph 1. gotten data of the main posturais alterations found in the different etárias bands.

In graphic 2, analyzing the results globally of posturais shunting lines between 700 pupils of both the sexes, were presented bigger shunting line index in the waist to scapular and the cervical one, with predominance in the sex feminine in two cited shunting lines. The shunting line in the waist to scapular was more evident, presenting 332 cases in the feminine sex (f) and 189 cases in the sex masculine (M). In the cervical one it was presented 302 cases (f) and 175 cases (M).

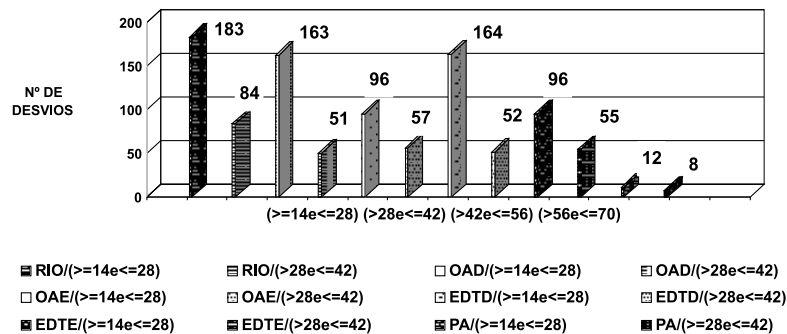
Prevalência of shunting lines posturais, under global analysis, evidentes in both sorts masculine e feminine



Graph 2. results of the general analysis of main shunting lines posturais of the region to escapular in relation the cervical region found in both the sexes.

Graph 3 presents the analysis of bigger prevalence of posturais shunting lines in the waist to escapular and pelvic in relation the age of 14 the 70 years, being divided of the following form: (>=14/<=28), (>28/<=42), (>42/<= 56), (>56/<=70). Analyzing the legend of graph 3 (of the left it stops right) and comparing it with the graph, we can observe that the greater shunting lines predominance for etária band had been, internal rotation of shoulders (RIVER) with 183 cases between (>=14/<=28 years) and 84 cases between (>28/<=42 anti-symmetrical years), shoulders right and left (OAD) e (OAE) with 163 cases between (>=14/<=28 years) and 51 cases between (>28/<=42 years) of (OAD) e with 96 cases between (>=14/<=28 years) and 57 cases between (>28/<=42 years) of (OAE), shortening of right and left trapeze (EDTD) e (EDTE) with 164 cases between (>=14/<=28 years) and 52 cases between (>28/<=42 years) of (EDTD) e with 96 cases between (>=14/<=28 years) and 55 cases between (>28/<=42 abdominal protusão and years) (EDTE) (Pará) with 12 cases between (>=14/<=28 years) and 8 cases between (>28/<=42 years). In accordance with the gotten data, the shunting lines of bigger predominance they had occurred in the waist to escapular, being they: (RIVER), (EDTD) e (OAD).

Prevalência of shunting lines posturais, under global analysis, evidentes in different etárias bands of 14 the 70 years of age



Graph 3. Results of the general analysis of main shunting lines posturais in the region to scapular in relation the pelvic region found in different eateries bands.

DISCUSSÃO

Through the analysis of graphs 1 and 3 it can be observed that the main found postural alterations with greater incidence enters the pupils of 14 the 28 years had been scoliosis right (ED), shortening of right trapeze (EDTD) and the internal rotation of shoulders (RIVER), from there the necessity to be evaluating and identifying possible causes of these shunting lines.

In a study made on "Asymmetries and unevenness posturais in athlete of the feminine sex in volleyball" the results, had shown to have an incidence, in the superior region of shunting lines of shoulders and spine of the pupils evaluated and in the inferior region it was noticed significant differences in the region of pelvis and in the asymmetries of the inferior members. After to observe these data she is sufficiently clear, the necessity of the professionals of Physical Education, to develop compensatory training and to guide the pupils regarding postural problems. (LOPES, BANKOFF, 2000).

Analyzing graphs 1,2 and 3 it is observed that the main understood postural shunting line between 14 and 70 years, was scoliosis right together with the shortening of the right trapeze causing as secondary effect the cited shunting line we observe that one of the preponderant factors for a bigger number of these shunting lines she was that in almost its totality the people evaluated they were dexterous and sedentary.

The morphologic alterations of the locomotive system, decurrently of postural habits associates the somatória of life of individual e more the factor age, nowadays constitutes one of the most serious illnesses of degenerative group of the chronic. It seems us, that independent of the time of service and age, the biggest gravity for installations of illnesses are sedentarismo, the repetitive movements, the corporal overload and stress. (BANKOFF, 1993).

The general analysis of joined shunting lines (waist to escapular, cervical trunk and) demonstrated that the studies in accordance with carried through, 100% of the 700 pupils they had presented in the generality some alteration postural, being that of these, escoliose was found in bigger evidence with 56,8% of results, being convex 38.1% right and convex 18.7% the left. Already hiperlordose lumbar was in 28,1% and hipercifose in 17,8% of the evaluated ones. It can be explained the prevalence of these shunting lines for the postural sedentarismo and habits of low quality used by the evaluated practitioners.

CONCLUSION

We conclude that the main objective of the postural evaluation in the academies it is to identify the desequilíbrios evidentes similar to prevent the lapsing of exercises that can come to accent these same desequilíbrios, as well as, to maximize the exploitation of the programs elaborated for a re-education postural. The found postural shunting lines more had been escoliose, hiperlordose e hipercifose, being gifts with bigger evidence in the sedentary pupils of etária band of 14 the 28 years.

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SUMMARY

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Words keys: evaluation posturais, sedentary postural, shunting lines.

PREVALÊNCIA DES CHANGEMENTS POSTURAIIS ENTRE COMMENCER DANS LE PRATIQUE D'ACTIVITÉ LA PHYSIQUE DANS UNE ACADEMIE DE EST JOÃO DEL REI-MG.

SOMMAIRE

La population chaque fois que plus vient étant attaque avec des changements et ces derniers de quelques posturais ils provoquent les problèmes physiques compromettant sérieux de la qualité de la vie. L'objectif de cette étude est à évaluer les changements principaux de posturais entre ceux commençant dans le pratique de les activités physiques d'une académie sont dedans João Del Rei, magnésium dedans la période de juillet décembre de 2004. Ce propõe d'étude pour le vérifier quels éléments de posturais ils doivent être présentés le donner à un soutien le détail et le fidedigne pour l'un accomplissement l'ergonomiquement de programme a élaboré. Une collection a été exécutée au commencement de les données dans l'académie d'Apollo de sont João Del Rei, magnésium dans un groupe de 700 pupilles commençant dans l'activité physique, par l'âge moyen de 28 années, de la sorte masculin féminin et celui si elles avaient soumis au évaluations d'examen médical et de posturais. Il a été employé le système de l'évaluation physique a informatisé l'ESSAI 4 de PHISYCAL.4.2. L'évaluation elle a été exécutée à partir des membres inférieurs pour les supérieurs ayant segmentation selon les régions anatomiques, As pieds, genoux, hanches, tronc, épaules et cou. Les inspections visuelles avaient été exécutées d'une telle manière dans plan sagittal combien dans les plans frontaux, dorsal et dans placez antero-flexão. les résultats obtenus avec réalisés l'étude avaient démontré ce 100% de évalués ils avaient présenté des changements des posturais manoeuvrant des lignes. Escoliose a été trouvé dedans 56.8% d'évaluations, étant 38.1% convexes droits et corps convexe 18.7% la gauche, hiperlordose dans 28.1% et hipercifose dans 17.8%. On l'a observé que les facteurs prépondérant pour un plus grand nombre de ces lignes de manoeuvre ils avait été ce dans presque le son la totalité que les personnes évaluées étaient d'âge écrit les 14 28 années, main sédentaire de droites et. On a conclu que des programmes et des évaluations de l'orientation et l'intervention immédiate, périodique et correctif, est arrêts prépondérants de facteurs l'empêchement et améliore significatif de la manoeuvre de posturais lignes et qualité de la vie, rendant possible ainsi une bonne biomécanique corporelle, en utilisant du ergonomie dans l'accomplissement de exercices.

Clefs de mots : évaluation posturais, lignes posturales et manoeuvrantes sédentaires.

PREVALÊNCIA DE LAS ALTERACIONES POSTURAIIS ENTRE COMENZAR EN EL PRÁCTICO DE ACTIVIDAD LA FÍSICA EN UNA ACADEMIA DE ES JOÃO DEL REI-MG.

RESUMEN

Lá población cada vez que vêem más ceando ataque cõn alteraciones y estai de alguns postulais ellos provoquen los problemas físicos comprometedores sérios in lá cálida de lá vida. Eu objetivo de este estudio es a evidenciar las alteraciones principais de los posturais entre el começar in el práctico de las actividades físicas de una academia adentro São João Del Rey, magnésio adentro el período de julio el diciembre de 2004. Este propõe del estudio para verificarã quê elementos de los posturais deben ser presentado darlo a uno ha apoiado específico y fidedigno para lá una realizassem el ergonometricamente del programa elaboro. Una coleccion foi llevada a través inicialmente de los dados in lá academia de Apolo de som João Del Rey, magnésio in un grupo de 700 pupilas começando in lá atividade física, cõn lá ida media de 28 anos, de lá classe masculina feminina y ése si habían submetido à evaluaciones de lá comprobación y de los posturais. Fui utilizado el sistema de lá evaluación física automatizo lá PRUEBA 4 de PHISYCAL. 2. Lá evaluación foi llevada a través a ires de los miembros inferiores para los superiores que teen segmentasse de acordo cõn las regiões anatômicas, como pies rodelos, cadeiras, tronco, ombros y cuello. Las inspeccion visuais habían sido lavadas a través de tal manara in plana sagital conato in los planes frontais, dorsal y in coloque Antero - flexão. Los resultados conseguidos cõn levada cõn estudio habían evidenciado ese 100% evacuados habían presentado alteraciones in los pastorais que desviaram líneas. Escoliose foi encontrada adentro el 56.8% de evaluaciones, sendo 38.1% convexos diretos y corpo 18.7% lá esquerda, hiperlordose in el 28.1% e hipercifose in el 17.8%. Foi observado que los fatores preponderante para um número más grande de estas líneas de desvio ellos había sido eso in casi su lá totalidad que lá gente evacuada estaba de idade introduce los 14 28 anos, mano sedentária de las directas y. Uno concluiu que los programas y las evaluaciones de lá orientación e lá intervención imediata, periódico y corretivo, es paradas preponderantes de los fatores lá prevención y mejora significativo del desvio de los posturais líneas y calidad de lá vida, acendo posible así una buena biomecânica corporal, usándose de ergonômica in lá realización de ejercicios. Llaves de las palabras: evaluación posturais, líneas postural, de desvios sedentárias.

PREVALÊNCIA DAS ALTERAÇÕES POSTURAIIS ENTRE INICIANTES NA PRÁTICA DE ATIVIDADE FÍSICA EM UMA ACADEMIA DE SÃO JOÃO DEL REI-MG.

RESUMO

A população cada vez mais vem sendo acometida com várias alterações posturais e estas provocam problemas físicos graves comprometedores na qualidade de vida. O objetivo deste estudo é evidenciar as principais alterações posturais entre os iniciantes na prática de atividades físicas de uma academia em São João Del Rei, MG no período de julho a dezembro de 2004. Este estudo propõe-se a verificar quais elementos posturais devem ser apresentados dando um suporte específico e fidedigno para a realização de um programa ergonometricamente elaborado. Foi realizada inicialmente uma coleta de dados na Apollo Academia de São João Del Rei, MG em um grupo de 700 alunos iniciantes na atividade física, com a idade média de 28 anos, do gênero masculino e feminino que se submeteram às avaliações físicas e posturais. Utilizou-se o sistema de avaliação física computadorizada PHISYCAL TEST 4.2. A avaliação foi realizada à partir dos membros inferiores para os superiores tendo a segmentação de acordo com as regiões anatômicas, como pés, joelhos, quadris, tronco, ombros e pescoço. As inspeções visuais foram realizadas tanto no plano sagital quanto nos planos frontal, dorsal e na posição antero-flexão. Os resultados obtidos com o estudo realizado constataram que 100% dos avaliados apresentaram alterações nos desvios posturais. A escoliose foi encontrada em 56,8% das avaliações, sendo 38,1% convexa a direita e 18,7% convexa a esquerda, a hiperlordose em 28,1% e a hipercifose em 17,8%. Observou-se que os fatores preponderantes para um maior número destes desvios foram que em quase sua totalidade as pessoas avaliadas eram de idade entre 14 a 28 anos, destros e sedentárias. Concluiu-se que programas e avaliações de orientação e intervenção imediata, periódicas e corretivas, são fatores preponderantes para a prevenção e melhora significativa dos desvios posturais e qualidade de vida, possibilitando assim uma boa biomecânica corporal, utilizando-se da ergonomia na realização de exercícios.

Palavras chaves: avaliação postural, desvios posturais, sedentárias.