

gets reduced. Therefore, it is essential for us to know about correct posture, bad posture and how to correct posture with the help of various exercises.

## Concept of Correct Postures

Correct posture means the balancing of body in accurate and proper manner while sitting, standing, reading, writing or doing any other action. The first impression of an individual is based on how he stands, sits and walks. In a proper posture, the whole body weight is balanced on both feet without any effort and the entire body appears to be in a vertical line. In this position, all the limbs of the body perform their function efficiently. A posture is dynamic and changes according to the activity.

**Views of Avery**, "A good posture is one in which the body is so balanced as to produce least fatigue".

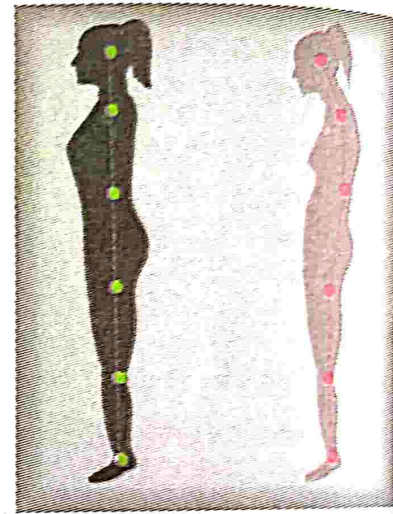
It means that a good/correct posture is the position of the body held without any sense of effort. The body weight should be equally distributed over both the legs and feet as to produce least fatigue.

Correct posture may also be defined as that assumed position which enables the body to perform or function effectively.

As a matter of fact, human body wages a constant battle against the force of gravity. Even while we are asleep, we change our position.

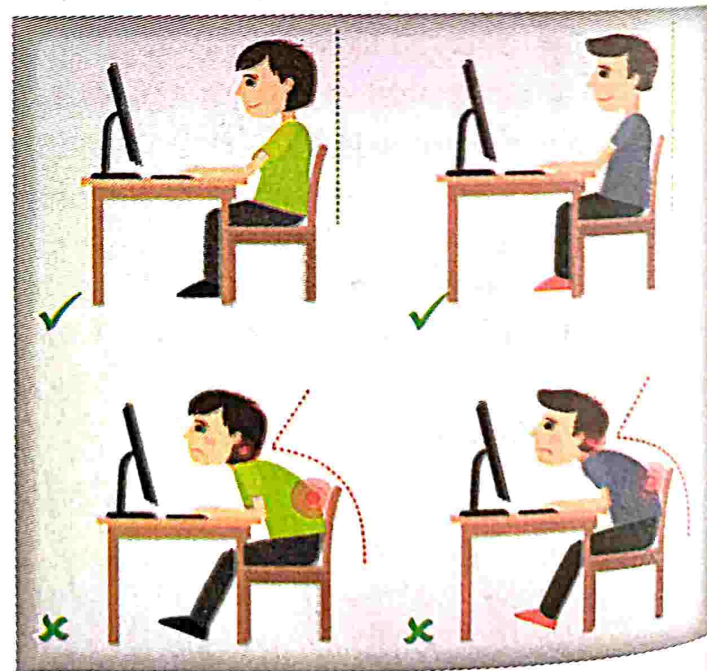
and maximum support, but even then there are some general norms regarding postural positions. These are stated below:

✓ **1. Correct Posture of Standing:** In the standing position, both the heels of the feet should meet each other. Toes of the feet should be 3 in. to 4 in. apart. The whole body should be erect, with straight knees, chin inside, chest forward, and belly backward and pressed inside, with equal body weight on both feet. The entire body should be balanced in this position. From the side, the line of centre of gravity must pass through the ear, shoulder, hip, knee and ankle. In such a position, the muscles and ligaments remain free of stress.



Correct and incorrect standing postures

✓ **2. Correct Posture of Sitting:** When we sit in a chair, our hips should be as far back in the chair as possible. Head, spinal column, shoulder and hips should be in straight line and erect. Legs should touch the ground and should not be in a hanging position. Thighs should be in a horizontal position. While we read, the book should be on the table but the book should not be too far away or near the eyes. The approximate distance between the book and the eyes should be at least 30 cm. If we do not follow this rule then eyesight problems may occur. For writing, a table with slight inclination towards the outside is appropriate.



Correct and incorrect sitting postures

### **Advantages of Correct Posture**

A correct posture plays a very vital role in every facet of life. In fact, it enhances the personality of an individual. The correct posture is always appreciated by everyone across the world.

...we go through the following points. The importance of posture can be

- 1. Physical Appearance:** It is natural that every individual wants to have a good physical appearance. In fact, physical appearance depends on the posture of the individual. A good posture leaves a lasting impression upon others. For a good physical appearance, people do not hesitate to spend a large amount of money. Money spent on enhancing physical appearance is not entirely a waste as apart from adding value to appearance it also boosts confidence.
- 2. Grace and Efficiency of Movements:** Physical posture plays a vital role in the field of sports and games. Sports and games involve various types of movements. Walking, running, jumping and throwing depend upon the abilities of an athlete to undergo these movements. An athlete requires a variety of efficient movements. The apex points can be achieved in the field of sports if the movements of the sportsman are efficient and graceful. The balance and coordination depend upon physical posture. Without a correct posture, grace as well efficiency of movements cannot be attained.
- 3. Physical Fitness:** Physical fitness is essential to live a productive life. Physical fitness can be achieved, if you have good a posture. The balance, coordination, flexibility, etc., are the components of physical fitness. These components can be attained easily by an individual who has a correct posture.
- 4. Hygienic Value:** An erect, straight and vibrant body helps in the proper and efficient functioning of various organs. Correct posture is important not only for good physical appearance but also for good health. A correct posture instantly gives confidence. From the health point of view correct posture assists in reducing back-pain, headaches and spinal problems.
- 5. Social Value:** A correct posture is appreciated everywhere. The individuals, who have good postures, are usually admired in the society. So, a correct posture has a social value also because everyone appreciates a person who has a correct and confident posture.
- 6. Economic Value:** A correct posture has an economic value to its credit. A person of good posture makes less expenditure of energy while performing any type of activity in comparison to the person with a bad posture. In fact, gravitational force acts more upon the body of a person who has a bad posture. A person of bad posture requires more efforts in maintaining his balance. He/she wastes also energy in simple tasks such as sitting, standing and walking.
- 7. Prevents Disorders and Diseases.** According to **Dr Mohser**, "As a result of poor or bad posture constipation, diarrhoea, flatulence, disturbance of the circulation, nervous irritability and most marked of all fatigue out of proportion to the effort expended, lessen the efficiency of individual and often make life a burden." In fact, poor posture badly affects functioning of our body systems. A correct posture prevents lower back-pain, neck strain, constipation, diarrhoea, disturbance in blood circulation, irritation, etc. It means that we are not easily affected by various disorders and diseases if we have a good posture.

**8. Change in Mental Attitude:** Posture usually affects the outlook, happiness, self-confidence, determination of an individual. Self-confidence, happiness and determination are the results of a correct posture and on the contrary anxiety, unhappiness and pessimism are the outcomes of a bad posture. These traits change the attitude of a person towards life. A correct posture always boosts self-confidence and self-esteem.

**9. Fatigue:** A correct posture reduces the fatigue because all the systems of an individual's body perform their functions more efficiently. An individual feels less fatigue due to less stress on muscles and joints.

**10. Improves Speech:** A correct posture helps to improve speech because it gives freedom to diaphragm. If there is too much stress on diaphragm, an individual cannot speak clearly and efficiently.

**11. Improves Concentration Power:** As a matter of fact, a good posture helps in breathing properly. When an individual breathes properly his concentration power as well as thinking ability are improved. When in fact, our brain requires 20 per cent of oxygen to perform its job appropriately. When the percentage of oxygen increases in our blood, more oxygen is supplied to brain which increases its working capability and normal function.

## 5.5 CAUSES OF BAD POSTURE

Generally, there are various causes of a bad or poor posture, but the gravitational factor is the major cause. Gravitational force acts upon our body, when we sit, lie down, stand, walk, run or perform any other activity. Our body adapts according to the action of gravitational force. A good posture helps us to align with this force properly. Following are the causes of bad or poor posture among human beings.

**1. Improper Diet:** If we do not take a proper diet, the bones and muscles of our body become weak. We experience fatigue after some time. Consequently, we adopt faulty or bad posture. Due to an improper diet, a person suffers from deficiency diseases like rickets and pigeon's chest that causes bad posture.

**2. Diseases:** Various diseases like rickets, polio and infantile paralysis may result in a bad or poor posture in a child. Chronic illness may also lead to a poor posture. These diseases may result in undue curvature of the vertebra.

**3. By Birth:** A person may have a bad posture from birth. Kyphosis, clubfoot and dislocation of hip are such deformities which might be present from birth.

**4. Due to Accidents:** Accidents may cause injuries to the body. These injuries may further lead to physical deformity or poor posture. In accidents, muscles of the body may be damaged permanently. This may also lead to poor posture. Severe burns may also cause physical deformities.

**5. Fatigue:** If we work continuously for longer duration, we experience fatigue and we become lazy and lethargic. So, we adopt a bad posture, if we continue doing that work. Even after work, when we take rest, we tend to adopt a wrong posture which ultimately results in a poor or bad posture.

6. **Fashion:** To be in sync with modern fashion, we choose clothing that creates hindrances in the smooth functioning of the body. Owing to these fashions, children cannot walk, stand or sit properly. They adopt a bad posture when they perform any work. They forget the natural posture of body. Even tight and high-heeled shoes may change the gait of an individual.
7. **Imitation:** Imitation also plays a major role in forming wrong posture. Children usually imitate others as they look for role models. Hence, they also adopt poor postures. They forget their own natural posture.
8. **Lack of Fresh Air and Light:** Lack of fresh air and light are also responsible for wrong postures. Lack of fresh air may cause kyphosis.
9. **Lack of Rest and Sleep:** Lack of rest and sleep may make one slump and thus lead to poor posture.
10. **Lack of Proper Exercise:** Lack of proper exercise may also result in poor posture. So, exercise should be done regularly in a proper way under good supervision. If exercise is done in a wrong way then an individual may adopt a wrong posture. So, one should also know the proper method of exercise and preferably do exercise under guidance.
11. **Lack of Awareness:** Lack of awareness regarding good posture may also cause bad posture. If one is conscious or aware of postural defects, he will always keep in mind that he has to adopt a good posture while performing any task.
12. **Unsuitable Furniture:** Unsuitable and uncomfortable furniture may also cause wrong or bad postures. Generally, school or college authorities do not keep in mind that unsuitable furniture may be dangerous for students. In fact, while making furniture, the age of the students should be kept in mind. School furniture must be carefully constructed to satisfy general health standards. The height of the bench should be such that the feet of a person are able to rest comfortably on the floor. A good back must give support to the spine at the thoracic region. Desks should be of the right height so that a child can write without lifting the shoulder or stooping down.
13. **Improper Way of Carrying Weight:** Improper way of carrying weight can cause structural deformities of the body and especially of the feet. **Abramson and Delagi** state that bearing weight does bring about changes in the formation of bones. Muscles of the foot suffer from abnormal stress. If it is repeated for a longer time, it may cause poor or bad posture of the foot.
14. **Obesity:** Obesity enhances the chances of extra stress on the muscular and skeletal structures of the body. It may cause flatfoot, bow legs, knock-knees, etc.
15. **Habits:** If an individual adopts bad habits of sitting, walking or standing, it usually affects his posture. In fact, such habits may lead to the postural deformities of spinal curvature such as kyphosis, lordosis and scoliosis.
16. **Other Reasons:** Improper daily schedule, more mental work, long sitting hours and over-work also cause bad posture.

## 5.6 COMMON POSTURAL DEFORMITIES

Various types of postural deformities are discussed below:

1. Spinal Curvature
2. Flatfoot
3. Knock-knees
4. Bow Legs
5. Round Shoulders

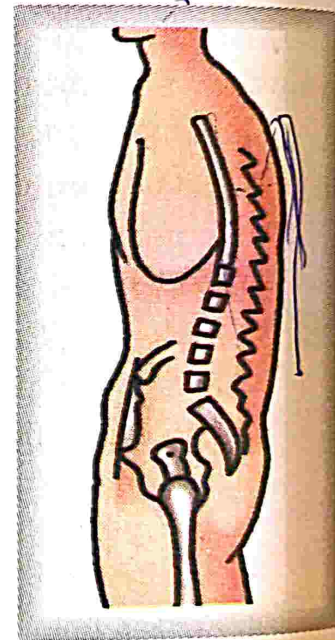
### 1. Spinal Curvature

This type of deformity is related to the spine. This deformity is caused by carrying excessive weight beyond one's capacity. In other words, we can say that weak muscles cause the formation of spinal curvature. The normal lumbar spine is characterised by a moderate anterior hyperextension curve, when viewed laterally. There is no absolute standard for the determination of the degree or extent of the anterior convexity of the normal lumbar curve. There are three types of spinal deformities.

- (a) Kyphosis      (b) Lordosis      (c) Scoliosis

#### (a) Kyphosis

**Kyphosis** implies an increase or exaggeration of a backward or posterior curve or a decrease or reversal of a forward curve. It is also called round upperback. Depression of chest is common in kyphosis.



Kyphosis

**(i) Causes of Kyphosis:** Kyphosis is caused by malnutrition, illness, crowded areas, unavailability of pure air, insufficient exercise, rickets, carrying heavy loads on shoulders, unsuitable furniture, weak muscles, shyness among girls, habit of doing work by leaning forward, etc.

**(ii) Precautions:** If specific precautions are not followed, it may result in Kyphosis. So, the teachers and parents should pay specific attention so as to avoid this disorder. From the very beginning, they should teach appropriate posture of sitting, standing and walking to children so that their posture may remain balanced. Proper and adequate exercise is not only helpful in maintaining proper posture but also controls the problem of kyphosis.

**(iii) Remedies:** The following exercises should be performed for the remedy of kyphosis.

1. Sit in a chair such that your hips should touch the back of the chair. While looking upward, hold your hands behind the back in such a way that your shoulders may remain stretched backward. Remain in this position for some time.
2. Always keep a pillow under your back while sleeping.
3. Bend your head backward in standing position.
4. Perform *Dhanurasana*, the yogic asana regularly.
5. Lie down on your back. Keep your hands near the shoulders. Now, straighten up your arms slowly and raise the chest. Head should be kept backwards. Maintain this position for some time.

- Hold out your arms at the shoulder level and bend your elbows. Snap your elbows back to the starting position. Repeat this exercise at least 8 times for the best results.

### (b) Lordosis

Lordosis is the inward curvature of spine. In fact, it is an increased forward curve in the lumbar region. It creates problem in standing and walking. The body seems to be stiff. Lordosis can be corrected in the early stage.

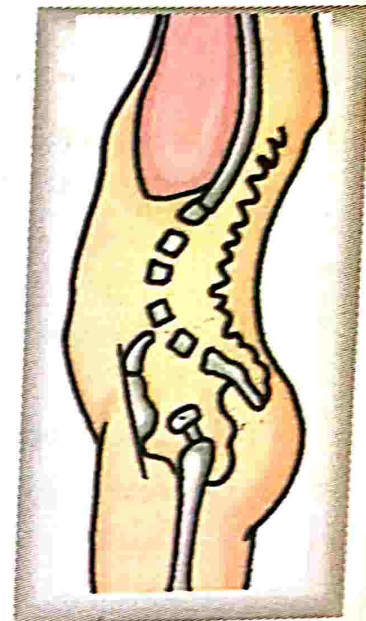
**(i) Causes of Lordosis:** Generally, imbalanced diet, improper environment, improper development of muscles, obesity and diseases affecting vertebrae and spinal muscles are the causes of lordosis. In addition to these causes, not performing exercise and eating excessive food are also the major causes of lordosis.

### (ii) Precautions:

- Balanced diet should be taken.
- Obesity should be kept away specially in early age.
- The body should be kept straight while carrying weight.
- Excessive intake of food should be avoided.

**(iii) Remedies:** For the remedy of lordosis, the following exercises should be performed.

- While maintaining a standing position, bend forward from hip level. Repeat this exercise 10 times.
- Lie down on your back and raise your head and legs simultaneously for 10 times.
- Perform sit-ups regularly.
- Halasana should be performed regularly.
- You should lie down in supine position, i.e., on your back, then should raise your legs at 45° angle. Remain in this position for some time.
- Toe-touching exercise should be done for at least 10 times.
- Sit down and extend your legs forward. Try to bring your knees to touch your forehead. Repeat this exercise 10 times.



Lordosis

### (c) Scoliosis

Postural adaptation of the spine in lateral direction is called scoliosis. In fact, these are sideways curves and may be called scoliotic curves. Indeed these curves are identified as either convexity right or right convexity. A simple or single curve to the left or convexity left is commonly called a 'C' curve. Scoliotic curves may be found in 'S' shape.

**(i) Causes of Scoliosis:** Scoliosis may be due to many reasons but the main reasons are diseases in the joints of bones, under-developed legs, infantile paralysis, rickets, carrying heavy loads on one shoulder, unhealthy conditions, such as inadequate lighting arrangement, uncomfortable desks, partial deafness and wrong standing posture. It may be caused by congenital or acquired abnormalities of vertebrae, muscles or nerves.

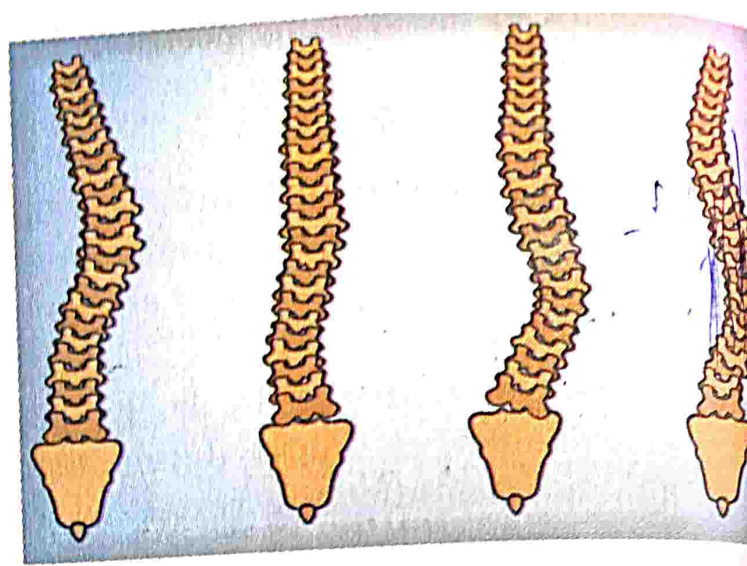
*Lordosis is the increased forward curvature of the spine in the lumbar region. It creates problems in walking and standing.*

## (ii) Precautions:

1. Balanced diet should be taken.
2. Studying should be avoided in sideways bending position.
3. Avoid walking for long time while carrying weight in one hand.

(iii) Remedies: Scoliosis can be remedied by doing the following exercises.

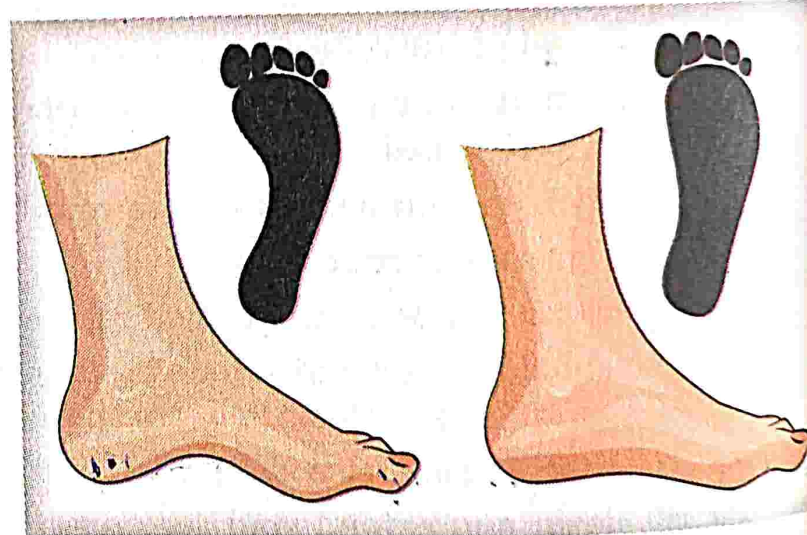
1. Bending exercise should be done on the opposite side of the 'C' shaped curve.
2. Hold the horizontal bar with hands and let your body hang for some time.
3. Hold the horizontal bar with your hands and swing your body to the left and right sides.
4. Swim by using breaststroke technique.



Scoliosis

## 2. Flatfoot

Our feet act as the base of support for the body while standing, walking, running and jumping. Flatfoot is commonly found among newborn babies but it becomes a postural deformity if it still persists during later childhood. The children with flatfoot deformity cannot become efficient sportspersons. Such children feel pain in their feet when they run. They face problem while standing and walking. It is easy to observe whether a person has flatfoot deformity or not. Dip your feet in water and walk on the floor. If there is not a proper arch of footprints on the floor, then you have the deformity of flatfoot. In fact, there should be proper arch of the feet of healthy feet.



Normal foot

Flatfoot

(i) **Causes of Flatfoot:** The main cause of flatfoot is weak muscles. Weak muscles the foot cannot bear the body weight. Hence, the feet become flat or without arches. Along with this, rapid increase in body weight, improper shoes, and carrying heavy weight for a longer period are also the causes of flatfoot.

## (ii) Precautions:

1. The shoes should be of proper shape and size.
2. Don't walk barefeet for a long duration.



- ✓ 3. Obesity should be avoided.
- ✓ 4. Don't force or encourage babies to walk at an early stage.
- ✓ 5. Children in early childhood should avoid carrying heavy weight.
- ✓ 6. High heeled shoes should be avoided.

(iii) **Remedies:** The following exercises should be done to rectify or treat flatfoot deformity.

- ✓ 1. Walking on heels.
- ✓ 2. Walking on inner and outer side of feet.
- ✓ 3. Walking on toes.
4. Stand up and down on the heels.
- ✓ 5. Jumping on toes for some time.
- ✓ 6. Skip on rope.
- ✓ 7. Perform *Vajrasana*, the yogic asana.

### 3. Knock-knees

**Knock-knees** is one of the major postural deformities. In this deformity, both the knees-knock or touch each other while in normal standing position. The gap between the ankles goes on increasing. The individual faces difficulty in walking and running. He cannot walk or run in a proper manner. Owing to this deformity, people cannot be good players and may not be selected in defence services.

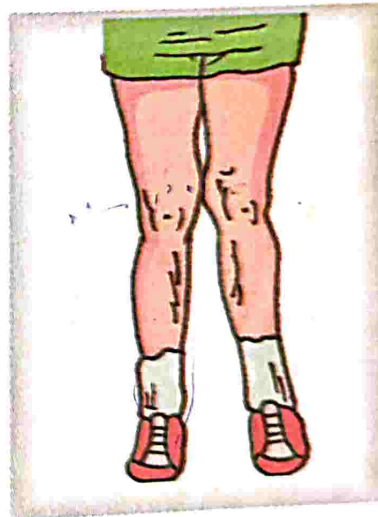
(i) **Causes:** Generally, the lack of balanced diet, especially vitamin D, calcium and phosphorus is the main cause of knock-knees. It may also be caused due to rickets. Chronic illness, obesity, flatfoot and carrying heavy weight in early age may be other possible causes of knock-knees.

#### (ii) **Precautions:**

- ✓ 1. Balanced diet should be taken.
- ✓ 2. Babies should not be forced or encouraged to walk at an early age.

(iii) **Remedies:** To rectify or treat this deformity, the following points should be taken into consideration.

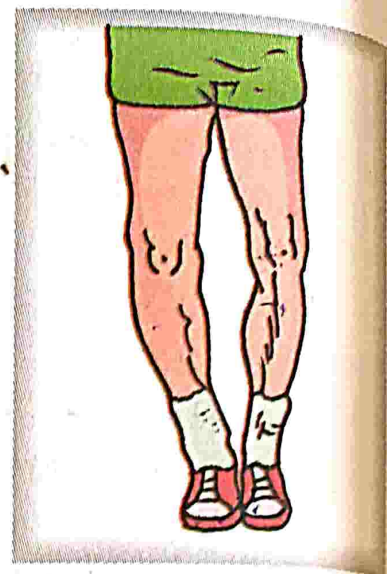
- ✓ 1. Horse-riding is the best exercise for remedying this deformity.
- ✓ 2. Perform *Padmasana* and *Gomukhasana* regularly for some time every day.
- ✓ 3. Cod liver oil may be beneficial in reducing this deformity up to some extent.
- ✓ 4. Keep a pillow between the knees and stand erect for some time every day.
- ✓ 5. Use of walking calipers may also be beneficial.



Knock-knees

## 4. Bow Legs

Bow legs is also a postural deformity. It is opposite to knock-knees position. If there is a wide gap between the knees when standing with feet together, the individual has bow legs or genu varum. In this deformity, knees are wide apart. There remains a wide gap between knees when a bow legged person keeps his feet together. This deformity can be observed easily, when an individual walks or runs.



Bow legs

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**(i) Causes:** The main cause of bow legs is the deficiency of calcium and phosphorus in bones. Long bones of legs become soft, hence they are bent outward. The chances of bow legs also increase when children become overweight. This deformity may be due to the deficiency of vitamin D. Improper way of walking and forcing the babies to walk at a very early age may also lead to bow legs.

### **(ii) Precautions:**

1. Don't let the children be overweight.
2. Don't force or encourage babies to walk at an early age.
3. Balanced diet should be given to children. There should not be any deficiency of calcium, phosphorus and vitamin D in the diet.

**(iii) Remedies:** The following measures should be taken for the remedy of bow legs.

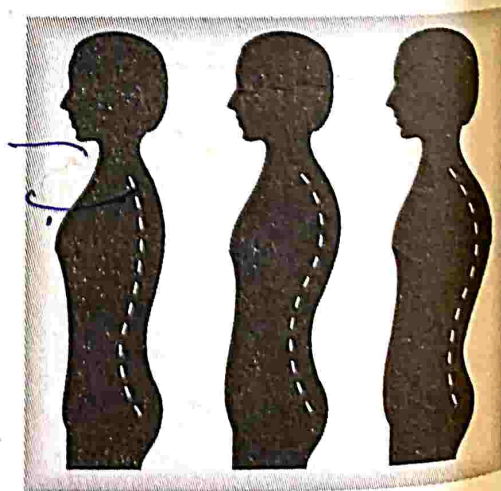
1. Vitamin D should be taken in required amount.
2. Balanced diet should be taken.
3. Bow legs can be corrected by walking on the inner edge of the feet.
4. One should walk by bending the toes inward.

## 5. Round Shoulders

In this postural deformity, the shoulders become round and sometimes they seem to be bent forward.

### **(i) Causes:**

1. Round shoulders may be due to heredity.
2. Sitting, standing and walking in bent position may also result in round shoulders.
3. Wearing very tight clothes can lead to round shoulders.
4. Sitting on improper furniture can cause round shoulders.
5. Lack of proper exercise especially of shoulders may also lead to round shoulders.
6. Becoming habitual to press the chest, especially at the time of bench press may cause round shoulders.



Round shoulders

## (ii) Precautions:

1. Don't sit, walk or stand in bent position.
2. Avoid tight-fitting clothes.
3. Avoid sitting on uncomfortable furniture.

## (iii) Remedies: The following exercises should be done for the remedy of round shoulders deformity.

1. Keep your tips of fingers on your shoulders and rotate your elbows in clockwise and anticlockwise direction.
2. Hold the horizontal bar for some time.
3. Perform *chakrasana* and *dhanurasana* regularly.

## 5.7 CORRECTIVE MEASURES FOR POSTURAL DEFORMITIES V. gmp.

Our environment contains many forces that act upon our body and sometimes due to these forces, we suffer from postural deformities. Most likely, the postural deformities may be due to the pull of gravity, congenital (by birth) malnutrition and prolonged illness. Postural deformities are of two types, i.e., functional and structural. In functional deformities, only the soft tissues, i.e., the muscles and the ligaments are affected. In this case, the correction of postural deformities is possible through various corrective measures. On the other hand, structural deformities occur when our bony structure is affected. Physical activities and other corrective measures in such cases cannot play any significant role. In fact, in such cases, surgery can be helpful for securing the desired improvement.

The role of physical activities as well as other corrective measures in functional deformities is very effective, especially during elementary school years. Indeed physical activities or corrective exercises in various forms can serve to counteract the effect of gravitational force. The correction of postural deformities should be a part of school education. The programme for the correction of postural deformities in a school should be included to serve more than just an exercise for correcting a specific deformity.

Students should also be encouraged to engage in exercises for increasing general strength, endurance, balance and flexibility. Methods of relaxation should also be undertaken. Along with the exercise, posture consciousness should also be developed among such students who have postural deformities.

There are a number of physical activities or corrective exercises which can be used as a corrective measure for postural deformities. Various corrective measures related to specific postural deformities are stated below.

### Corrective Measures for Kyphosis \*

1. **Lie on the back**, i.e., in supine position with knees drawn up and feet flat on the ground. Both hands should be at sides. Then move your arms sideways in horizontal position. Palms should face upward. Raise your arms upward over the head, palms

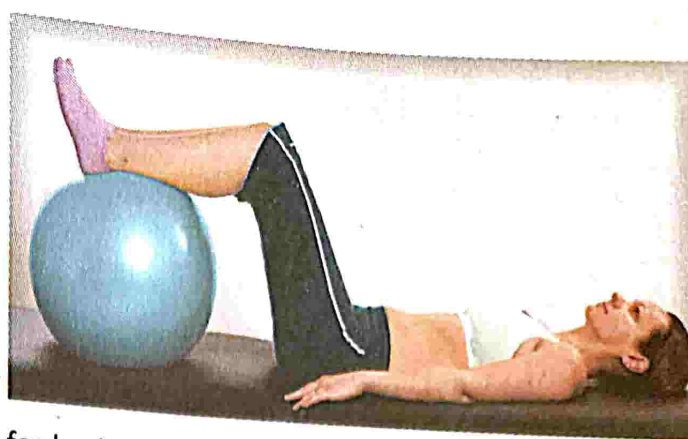


Corrective exercises for kyphosis

2. **Lie down in the prone position**, i.e., on the chest with hands on your hips. After that, raise your head and trunk several inches from the ground. Your chin should be tucked in during this exercise. Hold this position for some time and then come back to the previous position. Repeat this exercise at least 10 times.
3. **Sit in a normal position**, with a stick held in horizontal position over head, hands well-spread. After that lower the stick and then raise it behind your head and shoulders. While doing this exercise, keep your head and trunk straight. Repeat this exercise 10–12 times.

### **Corrective Measures for Lordosis**

1. **Lie down in prone position**, with hands under abdomen. Then keep hips and shoulders down, press your hands up on the abdomen and raise the lower back.
2. **Bend knees forward** while allowing hips to bend back behind, keeping the back straight and knees pointed in the same direction as feet. Descend until thighs are just parallel to the floor. Extend knees and hips until legs are straight. Come back to the starting position and then repeat the exercise.
3. **Lunge forward with knee on a mat**. Place the foot beyond the knee. Place both hands on knee. Straighten hips of rear leg by pushing hips forward and hold this stretched position. Repeat with the opposite side.
4. **Sit on a chair with feet wide apart**. Bend and position your shoulders between your knees. Then reach the floor under the back of the chair. Hold this position for some duration.
5. **Lie in prone position on the floor**. Keep the palms of your hands on the floor as per the shoulders' width. Push torso up keeping pelvis on the floor. Hold this position for some time.
6. **Sit down with knees extended**, feet together and hands at sides. After that bend forward, touching the fingers to toes. Hold this position for some time. Then come back to the original position and repeat the exercise.



Exercises for lordosis

## Corrective Measures for Scoliosis

Scoliosis exercises are designed to correct the rotatory curvature of the spine. These exercises help in a limited way to decrease curve angles. In fact, exercises do not play a very significant role in the correction of scoliosis. The affected people are advised to participate in physical education programmes, organised sports and normal recreational activities. They may wear scoliosis braces. Some exercises, which are described below, may be beneficial to some extent.



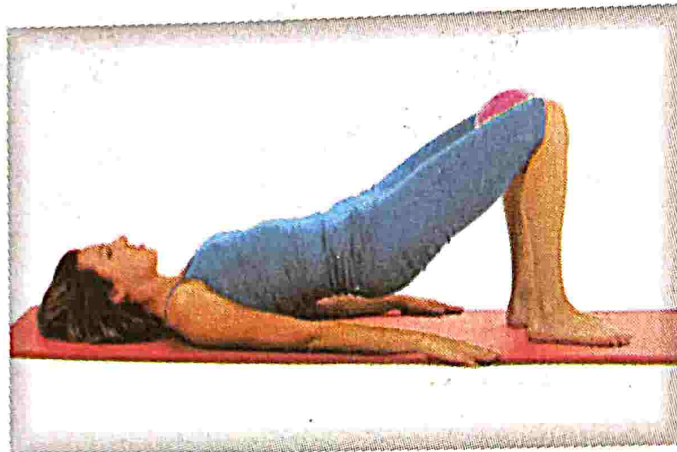
Exercises for scoliosis

1. **Lie down in prone position**, i.e., on the chest. Right arm should be upward and left arm at side. After that, move right arm towards the left over head; press down with left hand and then slide the left hip up.
2. **Stand erect with feet few inches apart**. After that raise the left heel and left hip. Extend right arm in an arch overhead to the left. Press left hand against the ribs on the left side.
3. **Stand in the erect position with feet several inches apart**. Keep left hand's finger tips on left shoulder and bend the upper body on the right side if there is an opposite 'C' curve in the spine. But if there is no opposite 'C' curve which means if there is just 'C' curve, bend the upper body to the left side. The tips of the fingers of the right hand should be on right shoulder. Repeat the exercise for some time as per the 'C' curve.

## Corrective Measures for Knock-knees

Generally, the deformity of knock-knees cannot be corrected through exercise during later childhood and adulthood. But, this deformity can be corrected up to some extent

through exercises, particularly when it is detected. The favourable results of exercise can be achieved during the phase of early childhood. The following exercises should be performed.



Exercises related to knock-knees

1. Horse-riding is one of the best exercises for correction of knock-knees.
2. Keep a pillow between the knees and stand straight for some time. Both the feet should touch each other.
3. Use of walking calipers may be beneficial.
4. Perform *padmasana* and *gomukhasana* regularly.

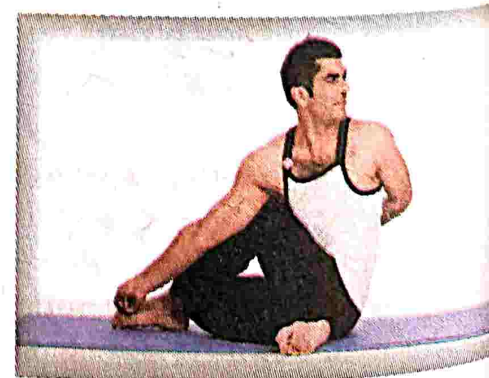


Garudasana

### Corrective Measures for Bow Legs

The role of exercises in case of bow legs is approximately the same as that in knock-knees. The deformity of bow legs can be corrected up to some extent during the early phase of childhood. During later childhood and adulthood, exercises don't play a significant role. The following exercises may be beneficial for the correction of bow legs.

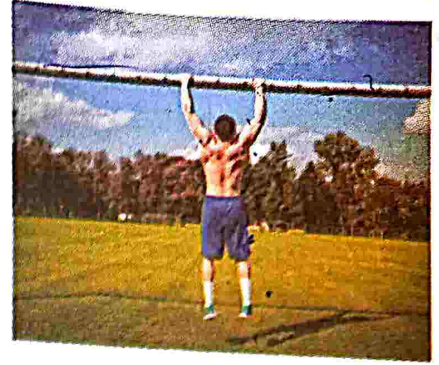
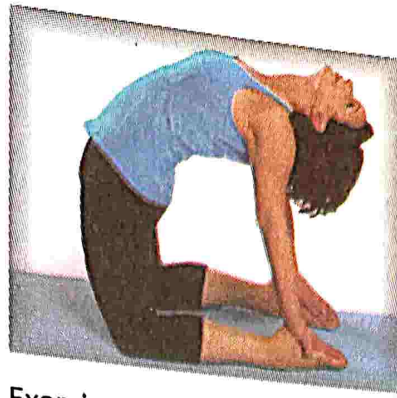
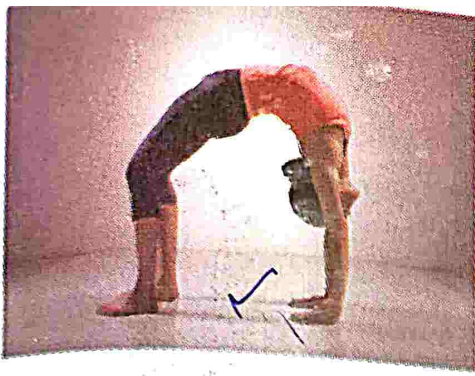
1. Stand erect with feet joined together. Wrap a soft piece of cloth on both legs at knee level. Tighten it with the help of a partner. Try to squat as far as possible. Hold that position of squat for some time. Come to the original position and repeat the exercise 4 to 6 times.
2. Walk for some distance on the inner edge of the feet.
3. Walk by bending the toes inward.
4. Perform *ardhmatseyendrasana*, *garudasana* and *ardha chakrasana*.



Ardhmatseyendrasana

### Corrective Measures for Round Shoulders

Round shoulders is a common postural deformity. It can be corrected with the help of the following exercises.



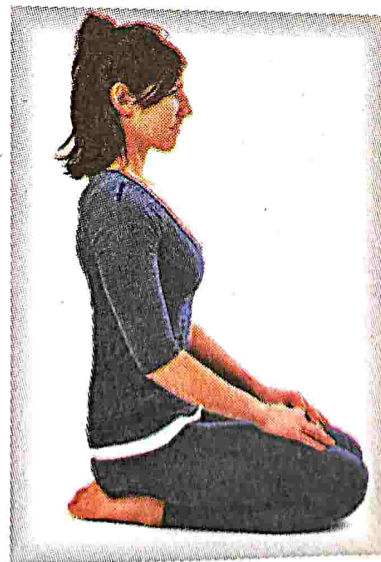
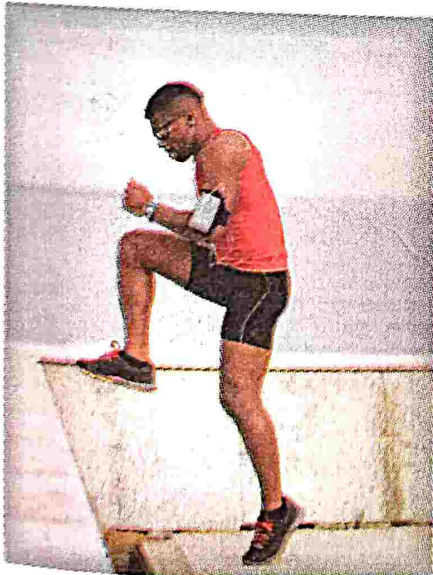
Exercises for round shoulders

1. Keep your tips of fingers on your shoulders and rotate your elbows in clockwise and anticlockwise directions for some time.
2. Hold the horizontal bar regularly for some time.
3. Perform *chakrasana* and *dhanurasana* for some time.

### Corrective Measures for Flatfoot

The deformity of flatfoot can be corrected with the help of the following exercises.

1. Jumping on toes for some time.
2. Rope skipping.
3. Stand up and down on the heels.
4. Walk on the toes.
5. Sit down properly. Try to grip small wads of paper with your toes. These pieces of paper should be picked up by gripping forcefully using toes.



Exercises for flatfoot

**Conclusion:** The above-mentioned corrective exercises or physical activities should be done regularly for long duration to get good results. These corrective measures should be employed immediately after the detection of deformities. In the later stage, it would be difficult to correct these deformities.