Poster Presentation

Analysis of Posture in Older Women

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Although posture is an important aspect of an individual’s well-being, many people do not realize how negatively their daily practices and lifestyle choices can affect the alignment of their skeleton. Postural problems often begin to appear with increased age, which results in weak muscles that overcompensate for one another. One such skeletal problem is kyphosis, the medical term for being hunched over, which may cause aches and pains to the neck, upper back and shoulders. The posture of 18 women between the ages of 46 and 70 were qualitatively analyzed in this study. After signing an informed consent form, each participant was photographed with a standard digital camera from the front, back, and side while standing barefoot in front of a posture grid. Each photo was inspected for recommended alignments in each view with the side view providing the most information. The primary misalignment revealed was increased forward curvature in the posterior shoulder region and flexion of the head which may have resulted from the participants’ increased age, body weight, and/or occupation. The front and back views of posture provided limited information that could be useful for suggesting remedial exercises. The results of this investigation suggest that posture can be analyzed using readily available equipment (e.g., digital camera) in field settings and is negatively affected by age, increased body weight, occupational practices, and lack of moderate exercise.