

Postural Analysis Workshop

AIMÉE KNIGHT BSC(HONS) MSST

Who Am I?

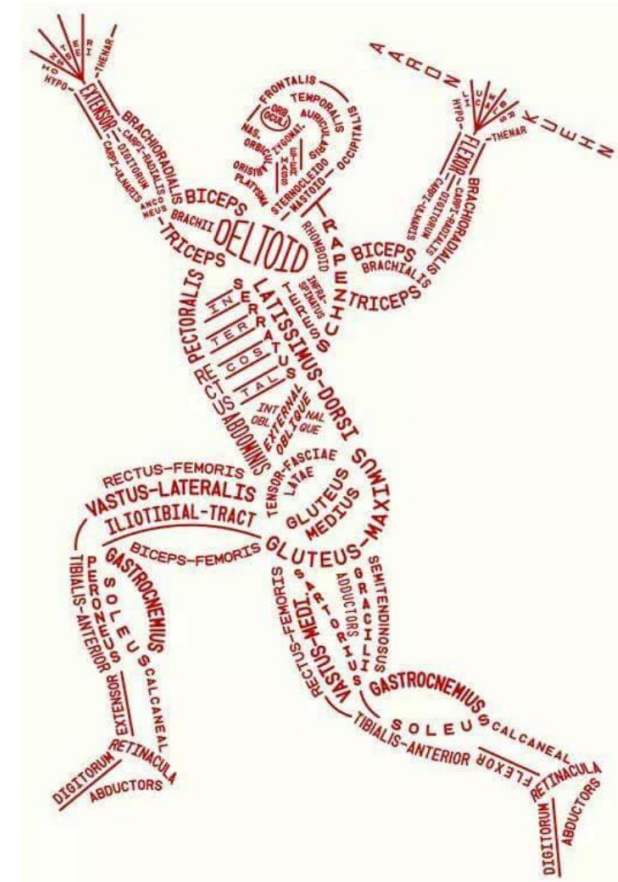
- ❖ A Sports Therapy Graduate.
- ❖ First team Sports Therapist at Blackpool FC.
- ❖ Currently work in Private Practice for a North West based company Pro-Fit on a Self-Employed basis.
- ❖ Lead Sports Therapist for match days at Fleetwood Academy.
- ❖ Female Coaching Network Sports Therapist.

Aimée Knight



Areas of Specialism:

- ❖ Musculoskeletal Specialist
- ❖ Injury Rehabilitation
- ❖ Sports Massage
- ❖ Postural Correction
- ❖ Gait Analysis
- ❖ Injury Prevention
- ❖ Mobility Programmes



What is Posture?

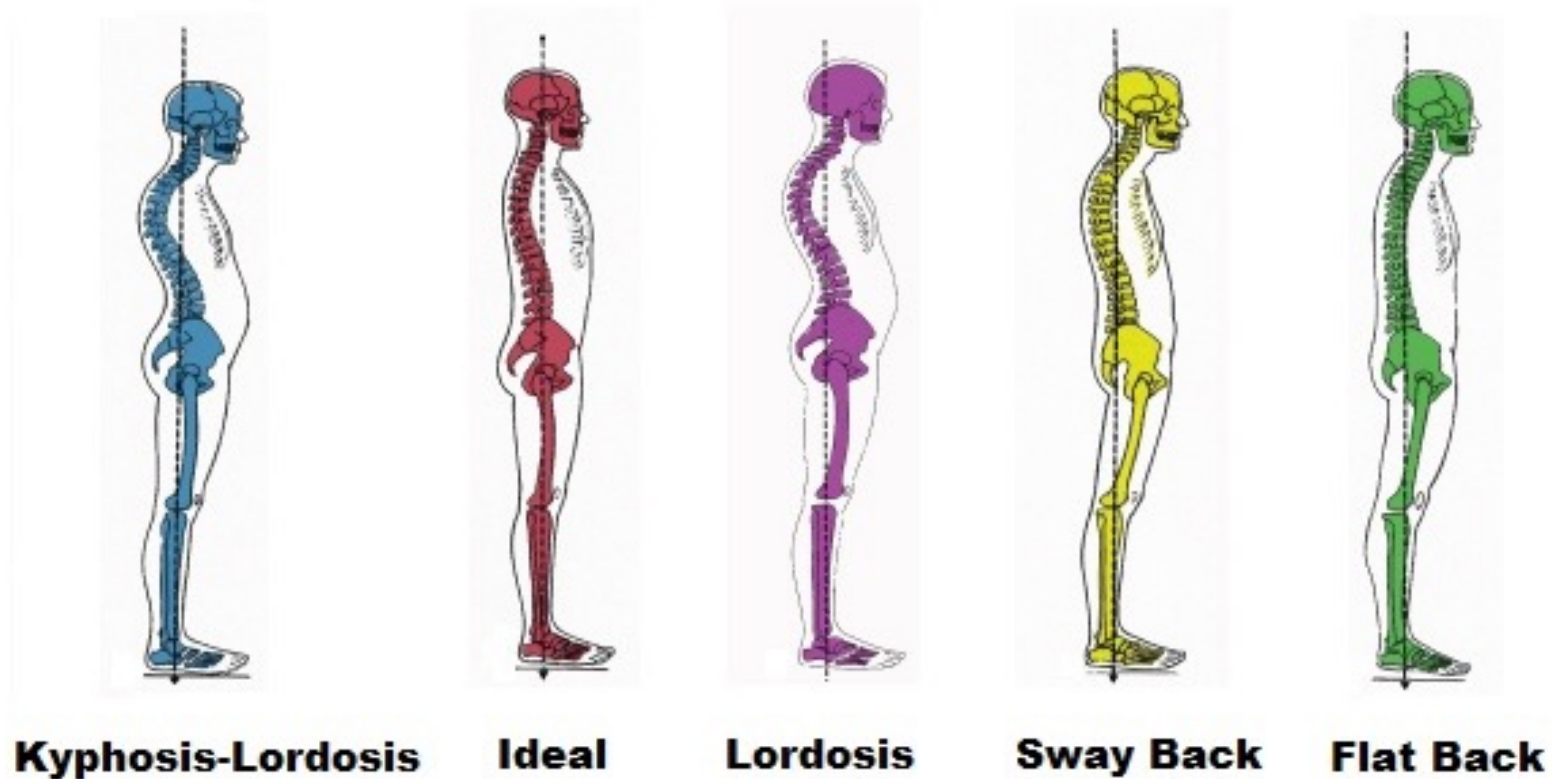
- ❖ Posture is the alignment of body parts relation to each other.
- ❖ Can assess posture in standing or seated.
- ❖ Different types of posture are seen, common types of posture are:
 - Lordotic Posture
 - Sway Back
 - Flat Back
 - Kyphosis-Lordosis Posture

Why is Posture important?

- ❖ Rely on posture everyday to carry out day to day activity
- ❖ Allows bones and joints to be correctly aligned to enable muscles to be correctly used
- ❖ Posture has direct impact on breathing ability and capacity
- ❖ Impacts mobility
- ❖ Contributes to a good appearance



Good Posture vs Bad Posture



Although...

- ❖ There are exceptions to wanting to achieve this posture in a few cases
- ❖ Unfortunately these cases fall into a category relevant to us...

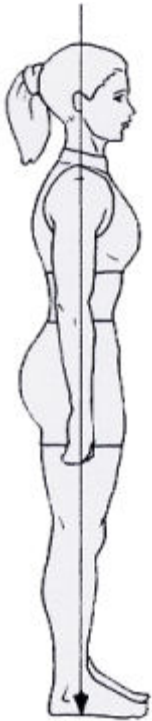
SPORT

Posture in Sport



- ❖ Various sports display postural norms in athletes
- ❖ Occurs due to increased specific muscle hypertrophy- sport dependent
- ❖ Does this increase their skill level or enhance their technique?
- ❖ This is where the Performance Triad becomes vital

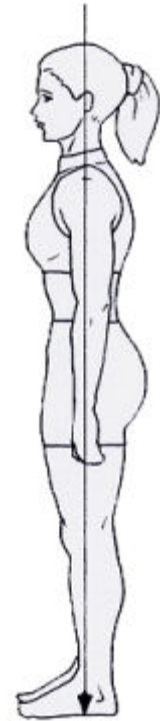
Assessing Posture



How do we assess posture?

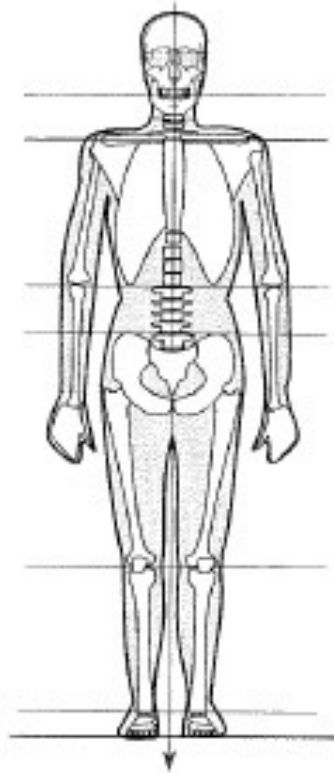
What are we looking for?

How do we record posture assessment findings?

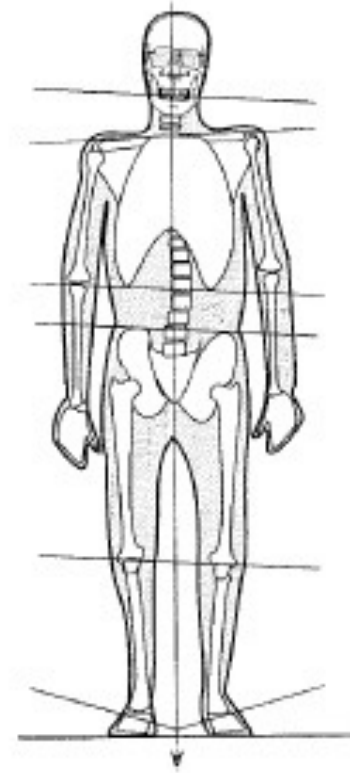


Assessing Posture

Good Posture



Poor Posture



Monitoring Posture

- ❖ Posture can alter under various factors
- ❖ Posture measured at the beginning of the season will change throughout
- ❖ Ensure that correcting dysfunction isn't having detrimental impacts- don't just monitor the problems look at posture as a whole
- ❖ Use images to compare changes



What should I do with my findings?

- ❖ This is when the performance triad should be considered.
- ❖ Is the athlete in pain?
- ❖ Is the posture improving the athletes performance? (without pain)
- ❖ Is the posture restricting performance?
- ❖ Has the posture recently altered?
- ❖ Do you know what is causing the postural dysfunction?

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Female Coaching Network Page- <https://femalecoachingnetwork.com/fcn-coaches/fcn-sports-therapist/>