Postural Deviations





**LORDOSIS**

Increased lumbar curve

Adverse Effects:

Low back pain

Adaptive shortening of hip flexors

Sciatic problems

SI dysfunction







**KYPHOSIS**

Increased thoracic curve

Adverse Effects:

Back pain

Thoracic outlet syndrome

Increase chance of forward head posture

**FORWARD HEAD POSTURE**

Increased cervical curve

Adverse Effects:

Thoracic outlet syndrome

Neck pain/ headaches

TMJ dysfunction

Abnormal shoulder mechanics:

* Bicepital tendonitis
* Impingement syndrome

**SCOLIOSIS**

Lateral curve

Adverse Effects:

Leg length discrepancy

SI dysfunction

Decreased pulmonary function







**GENU VARUM**

Bowlegged

Adverse Effects:

PF syndrome

Dislocations of patella

**GENU VALGUM**

Knock kneed

Adverse Effects:

PF syndrome

ACL injury







**GENU RECURVATUM**

Hyperextension

Adverse Effects:

ACL injury

**PES CAVUS**

High medial longitudinal arch

Adverse Effects:

Stress fractures

Plantar fasciitis

Heel Spur

Achilles tendon Injuries

**PES PLANUS**

Flat medial longitudinal arch

Adverse Effects:

Low back pain

Stress fracture

Shin splints

ACL injury