



# Effects Of Corrective Exercises On Kyphosis Of Adolescence

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## Abstract:

The aim of this study was to investigate the effects of corrective exercise on adolescent kyphosis. The researcher conducted a survey in the schools of Amravati district in this study and selected only those subjects who had kyphosis as physical deformity for this study. 10 to 15 age group students were selected by the researcher for this study. A total of 6,092 subjects were surveyed in this study, out of which 37 subjects were found to have physical abnormalities, but only 19 subjects participated in the training program for this study and were further researched. To examine the subjects, the students were made to stand in the anterior position and the students were made to stand at a 90 degree angle to the base of the foot and the plumb line was on the head, neck and soles of the lower feet. Shoulder, waist, knee and ankle joints. The plumb line was laid like this. All joints will be in a straight line as tested by the researcher. If there is any deformity in the pupil, the examiner conducted a pre-test by observing the spine from a distance of 10 feet from a plumb line and scoring the spine as 5, 3 and 1 based on the standard using the Posture Rating Chart. Proper training was given for 6 months and then the test was done again. Data were collected on 19 subjects at the beginning (pre-test) and end of the experimental period, six months later (post-test) data on Kyphosis was collected and analyzed using paired t-test.  $P < 0.05$  is considered as statistically significant. It was concluded that the above training program is beneficial to the students or persons suffering from kyphosis deformity, long-term study of this training can eliminate the deformity like kyphosis. Physical exercise is one way to keep the human body healthy, fit and fit. It is suggested by the researcher that children with physical deformities should be given regular physical exercise so that their deformities can be removed. . The field of physical exercise is very wide, it is for every person but it is different for every person. So it should be done by a proper trainer.

**Keywords:** Corrective Exercises, Kyphosis, Adolescence.

## 1. Introduction:

Many studies have shown that people who do not exercise become lazy and take risks related to their health. Laziness is said to be a very big enemy of man. Lazy people fail in every field of life because they do not want to do anything and they become depressed. If they get into the habit of exercising in their student life, their entire life can be good and happy. They can overcome any obstacles that come in the future and achieve success. In the absence of exercise, the body starts feeling like a burden, as it invites various diseases. Obesity is a disease that gives rise to diseases like heart disease, diabetes, stress and blood pressure. Exercise can be of many types - morning walk, running, sports, swimming, yoga, etc. are the main exercises. Morning walk is very useful. Just as a machine needs oil to run smoothly, the human body needs exercise to run smoothly. All people living in modern society are suffering from some kind of disease. Therefore, it is the need of the hour to make information related to exercise accessible to all individuals. Physical education experts believe that exercise can fully develop the muscles of athletes. Proper exercise can eliminate breathing problems, digestive disorders, vascular system, etc. of athletes. In ancient times, people considered exercise only as a means of developing muscles, but in today's era, it is used for scientific and practical purposes.[1]

A person has abilities according to his work. Physical ability is more or less the same for every person, if there is physical ability, a person can do all his work well without any hindrance. But can students with some

physical deformities be improved through exercise? Every person's tasks are different, which affects their abilities. Similarly, adolescence is a stage of maturation. Adolescence is the most important period in the life of every individual. During it, good habits and bad habits are formed. Similarly, many changes occur in the physical structure, posture and sitting and standing posture. On the basis of that development, many changes occur in the life of a person. There are many teenagers during this period. Human and animal health is a must, and certainly one cannot enjoy life without any good health. Disease is a hindrance to any life. Nature has created the human body in a wonderful way. The human body is a very big miracle in which continuous changes are taking place. Due to changes in it, some good and some bad changes are taking place. Some abnormalities are being created in the human body. Due to physical abnormalities, due to continuous sitting and continuous use of devices like computers, mobiles and tablets, back pain is being created, this is a type of physical abnormality. In this study, the researcher conducted a survey of school students to see what effect the applied exercise method has on such students.

## 2. Methodology:

The researcher conducted a survey in the schools of Amravati district in this study and selected only those subjects who had kyphosis as physical deformity for this study. 10 to 15 age group students were selected by the researcher for this study. A total of 6,092 subjects were surveyed in this study, out of which 37 subjects were found to have physical abnormalities, but only 19 subjects participated in the training program for this study and were further researched. To examine the subjects, the students were made to stand in the anterior position and the students were made to stand at a 90 degree angle to the base of the foot and the plumb line was on the head, neck and soles of the lower feet. Shoulder, waist, knee and ankle joints. The plumb line was laid like this. All joints will be in a straight line as tested by the researcher. If there is any deformity in the pupil, the examiner conducted a pre-test by observing the spine from a distance of 10 feet from a plumb line and scoring the spine as 5, 3 and 1 based on the standard using the Posture Rating Chart. Proper training was given for 6 months and then the test was done again.

## 3. Corrective Exercises Training:

In this study a specific training program was conducted by the researcher in which a training program was conducted for 6 months in which the exercises were repeated up to 6 days per week. Before starting the exercise, the students were asked if they felt any pain or strain and during the exercise, the students were stopped from doing the exercise due to pain and strain. The following exercise methods can be helpful in preventing kyphosis.

Exercise	Months					
	1 to 2		3 to 4		5 to 6	
	Repetition	Duration	Repetition	Duration	Repetition	Duration
1. Side-to-side	15-15	2 min	20-20	3 min	20-20	3 min
2. Up-and-down	15-15	2 min	20-20	3 min	20-20	3 min
3. Ear-to-shoulder	15-15	2 min	20-20	3 min	20-20	3 min
4. Shoulders up-and-down	10-10	2 min	15-15	3 min	15-15	3 min
5. Rotating one shoulder at a time	10-10	2 min	15-15	3 min	15-15	3 min
6. Rotating both shoulders together	10-10	2 min	15-15	3 min	15-15	3 min
7. Head retraction	10	3 min	15	3 min	15	3 min
8. Life extension	20	2 min	26	3 min	26	3 min
9. Thoracic spine foam rolling	10	2 min	15	3 min	20	3 min
10. Dips	10	2 min	15	3 min	30	3 min
7. Rest Per Exercise	-	30 sec.		30 sec.		30 sec.

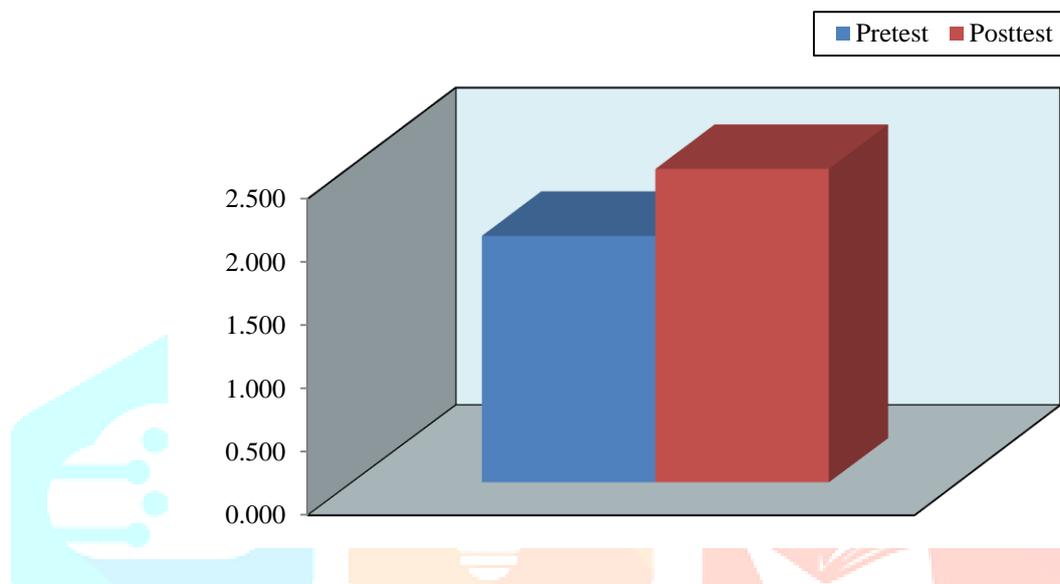
#### 4. Statistical Techniques:

Data were collected on 19 subjects at the beginning (pre-test) and end of the experimental period, six months later (post-test) data on Kyphosis was collected and analyzed using paired t-test.  $P < 0.05$  is considered as statistically significant.

**Table 1:** Mean, SD and 't' test of Kyphosis deformity of Adolescence between pre and post-test

Test	Mean	SD	SE	MD	Ot	df	Tt
Pretest	1.947	0.621	0.200	0.526	4.472*	18	2.101
Posttest	2.474	0.612					

Table-1 shows that the significant difference in Kyphosis deformity between pre posttest. The obtained 't' value of 4.472 is more than the table value of 2.101 with 18 degrees of freedom.



**Graph 1:** Mean of Kyphosis deformity of Adolescence between pre-test and post-test

#### 5. Conclusion:

It was concluded that the above training program is beneficial to the students or persons suffering from kyphosis deformity, long-term study of this training can eliminate the deformity like kyphosis. Physical exercise is one way to keep the human body healthy, fit and fit. It is suggested by the researcher that children with physical deformities should be given regular physical exercise so that their deformities can be removed. The field of physical exercise is very wide, it is for every person but it is different for every person. So, it should be done by a proper trainer.

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