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Evaluation of endurance of chosen postural muscles in children with poor posture undergoing physiotherapy at mountain rehabilitation camps

Movement is a natural need of every living organism. It is not an exaggeration to say that we are created in order to move and movement, like a sculptor, shapes our body, or, to be more precise, its posture. The scientists - medical doctors, physiotherapists and physical education teachers - have already arrived at an agreement concerning the factors which determine the shape of our posture. At the lowest "organization" level, apart from general aerobic and anaerobic efficiency, full range of movement in the joints and reflexive maintaining of vertical posture, there is also muscle endurance.

The paper presents the results of research done during mountain rehabilitation camps for children with poor posture, the programme and comprehensive methods of correction of body posture taking into consideration the interests of the children at the age most suitable for motor activity. The purpose of the work was to determine the effectiveness of an intensive programme of corrective exercises with a special stress on the endurance of postural -muscles which are responsible for shaping the correct body posture.

A good atmosphere encouraged the children to participate in consecutive camps and, in the period of time between them, to do the prescribed corrective exercises at home. It enabled the authors to reassess the same parameters and to compare them with those achieved previously.

Key words: body posture, endurance, camp

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