

Study regarding the incidence of physical deficiencies of the vertebral column at puberty

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Abstract

The physical deficiencies of the vertebral column at puberty have become an acute reality of our present time in the schools of Timisoara and not only, reason for which a study regarding their incidence on the pupils at the age of puberty, from Timisoara, has been started; the study was performed on a 308 pupil group (V-XI classes) and used as methods the somatoscopic and somatometrical exam of the pupils, as well as a short period of time related to the daily activities, which could be the sublayer of these pathological changes at the level of the vertebral column. The results of the study confirmed the hypothesis in accordance with which there is an increasing number of deficient postures and proper deficiencies at the level of the vertebral column at the young people being studied, correlated with a daily program where the static activities (TV watching, computer use, individual study, etc.) prevail over the physical activities; in accordance with this study 20,13% of them pupils do not show changes at the level of the axial segment, the rest of 79,87% being diagnosed with deficient postures (45,12%), respectively with proper deficiencies (34,75%); the type of the found deficiencies are scoliosis (14,94%), kiphoses (8,77%), lumbar hyperlordoses (6,82%) and kiphoscolioses (2,27%). The alarming proportion of young people that have been diagnosed with such modifications make us conclude that there is given an insignificant importance to the physical exercise, the main method of primary prophylaxis, but secondary as well of these disturbances.

Key-words: physical deficiencies, vertebral column, puberty, incidence.