



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Back School Program, Posture Correction Program

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What is a Back School?

In the 1900s in America – Physical education programs



POSTURE WALL CHARTS

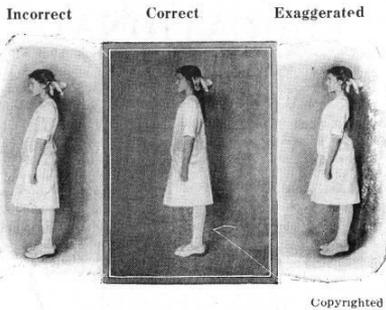


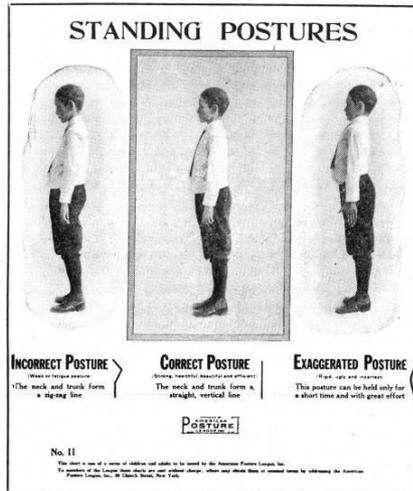
ILLUSTRATION FROM WALL CHART No. I.
Copies of the boy and girl charts are furnished free to all paid-up members of the American Posture League.

PRICES OF SCHOOL WALL CHARTS

To meet a demand for wholesale quantities, arrangements have been made with the Posture Standards Company, Inc., 1 Madison Avenue, New York, for the publication and distribution of these charts at the following rates:

1 chart.....	\$.50	12 charts.....	\$ 3.00
2 charts.....	.75	25 ".....	5.00
3 ".....	1.00	50 ".....	7.50
6 ".....	1.75	75 ".....	10.00
9 ".....	2.25	100 ".....	12.00

Orders for 200 or more, special percentage discount.



Miniature of Wall Chart No. II.

Size of original 27 1/4 by 19 inches.

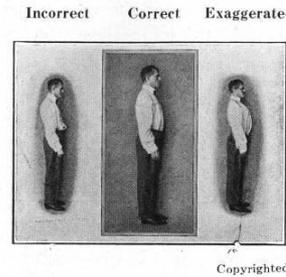


ILLUSTRATION FROM ADULT'S WALL CHART
STANDING POSTURES

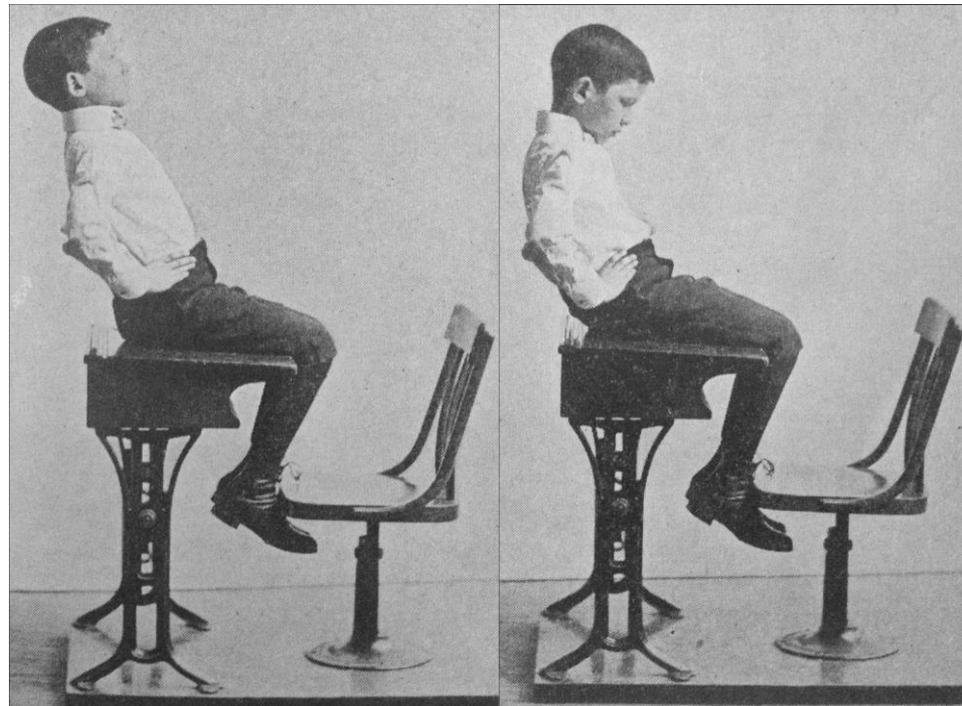
A series of three charts, showing standing and sitting postures for men, has been issued to meet INDUSTRIAL, OFFICE and GENERAL CONDITIONS.

PRICES OF ADULT'S WALL CHARTS

Single copies.....	\$.60
Set of three charts.....	1.50
12 copies.....	4.75
25 copies.....	7.50
50 copies.....	13.50
75 copies.....	20.00
100 copies.....	25.00

SIZE OF ORIGINAL CHARTS
22 BY 28 INCHES

What is a Back School?



What is a Back School?

- A skill-building and skill-acquiring student/patient education and gymnastics program designed to impart disease-specific knowledge to students/patients.
- Programs include anatomical, biomechanical, ergonomic education and exercise.



How does it work? How does it help?

- Knowledge of disease
- Knowledge of anatomy, biomechanics, ergonomics
- Knowledge of own body
- Biomechanically correct posture
- Muscle imbalance correction
- Developing and practising a spine-friendly lifestyle (home, school/work environment)



Theoretical and practical education

- Theoretical: the causes of the disease, pathomechanisms and prevention options are presented to the participants.
- Practical lessons: the correct posture and the muscles responsible for its development (strengthening, stretching) are discussed.
- In addition, instruction will cover spine-friendly recreational activities, load-bearing and working techniques, resting postures, relaxation exercises.
- Participants will be provided with written and recorded (audio, video) materials to expand and practice theoretical and practical knowledge.

Feedback on what you have learned:

- To assess the effectiveness of the education, participants are asked to complete a test to see how successful the theoretical education was, what they learned about their disease, its causes, prevention and treatment options.

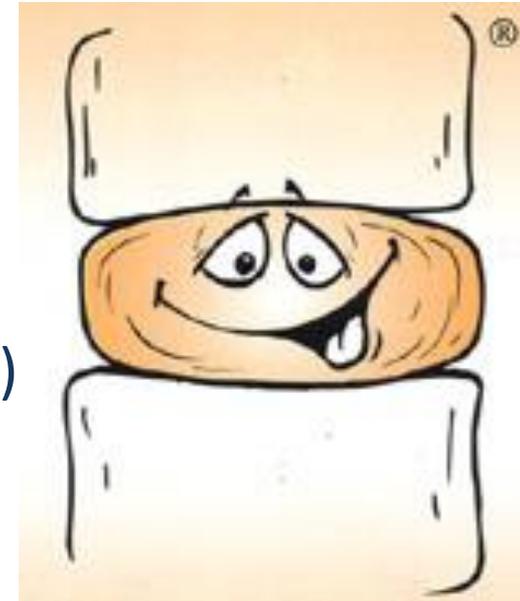


„Porci Berci” looking for Friends

- The method has been reported in several scientific publications
- The authors of the programme are Viktória Tóthné Steinhausz and Klára Tóth
- The English version of the programme was represented by the Hungarian Society of Physiotherapists at the World Congress of the World Federation of Physiotherapists in Osaka in 1999.

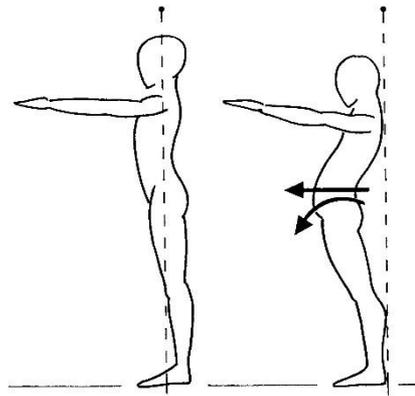
„Porci Berci“ looking for Friends

- Target group: young schoolchildren
 - Sedentary lifestyle
 - School furniture size
 - Small living space
 - School stress (mental posture disorder)
 - One-sided activity



„Porci Berci” looking for Friends

- In Zalaegerszeg, the Matthias test was carried out on 249 young schoolchildren: 70% of them were found to have behavioural weaknesses
- Everyday movements become automatic in the second grade.



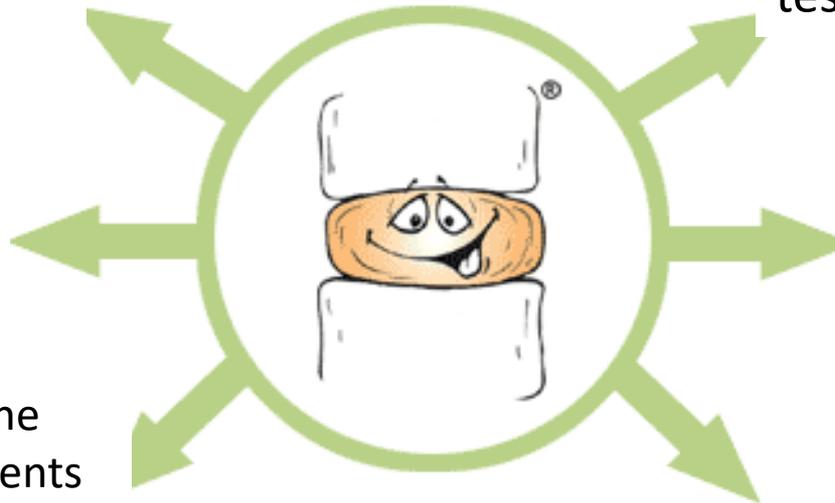
Thematics of the „Porci Berci“ programme



Spine training,
playful form in
groups

Fantasy and
role-playing
games

Learning of Spine
friendly movements
(posture, walking,
standing, carrying,
lifting)



Functional
test

Theoretical
education

Specific active
training (playful
form)

„Porci Berci” looking for Friends



Porci Berci barátja vagyok?- kérdőív

Neved:.....

Iskolád:.....

Osztályod: 2.

1. Ki hallja a Porcik hangját?.....

2. Íráskor a hátam a pad/ szék támlájához támaszkodik:

Igen

Nem

3. Mi segít Pinokkiónak a törzse megtartásában, amikor a madzagra már nincs szüksége?

A csontok

Az izmok

A Porcik

4. Szívesen vettél-e részt a Porci Berci programon?

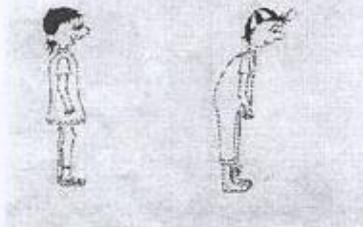
Nagyon szívesen

Minden órára el kell járni

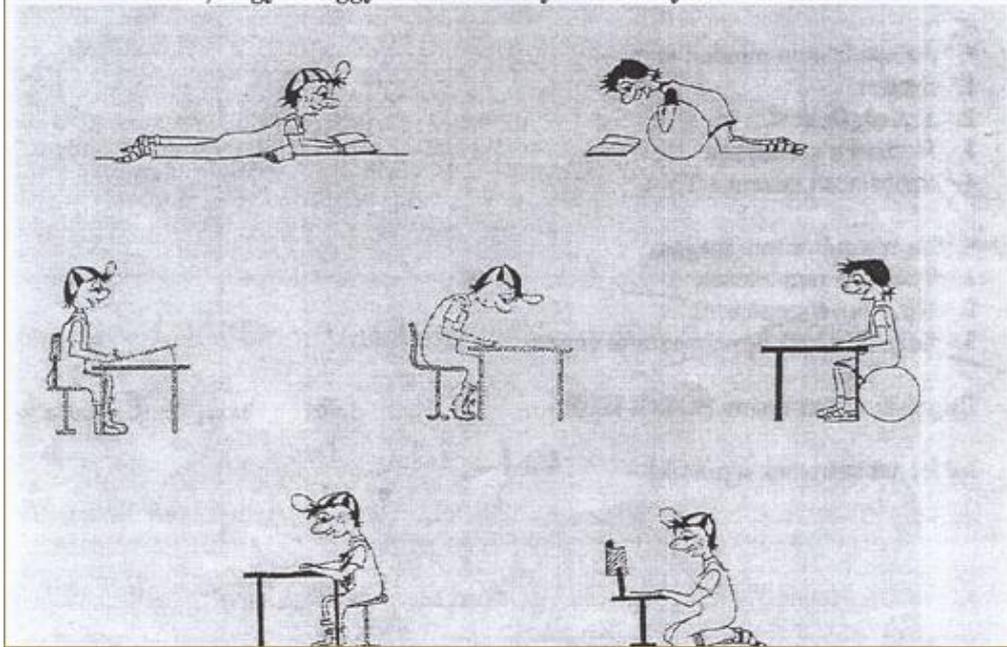
Nem szívesen jártam

„Porci Berci” looking for Friends

5. Karikázd be, hogy melyik gyermek áll helyesen!



6. Karikázd be, hogy te leggyakrabban milyen testhelyzetben tanulsz!



„Porci Berci“ looking for Friends

Parents also fill out a questionnaire:

What did they think?

Have they read about the programme?

Have they changed the child's equipment, home furniture?

Has your child used it?



Posture Correction Programme

- The aim of the programme: correct use of the spine in school physical education
- Harmful effects of a sedentary lifestyle
- All students should participate in health-enhancing physical activity



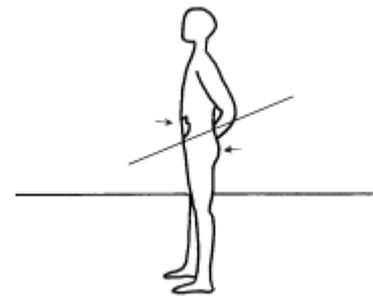
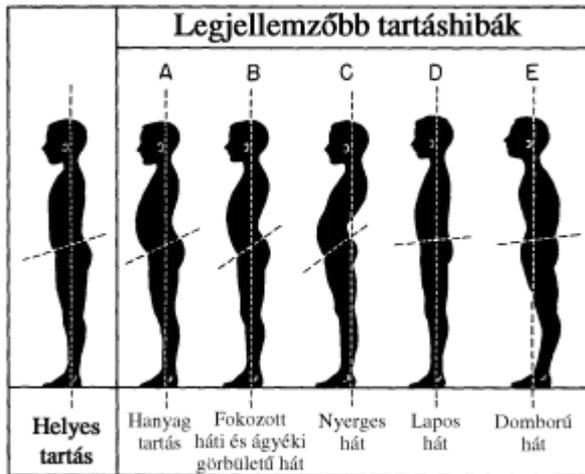
Posture Correction Programme

Theoretical and biomechanical background:

- Muscles prone to overstretching and shortening
- Physiological curvatures
- Correct posture, standing, sitting



Posture Correction



Posture Correction

Thematics:

- 45-minute physical education lesson, 2-3 minutes warm-up, followed by 10 minutes of special
- Biomechanically correct posture
- Sequence of exercise units defined

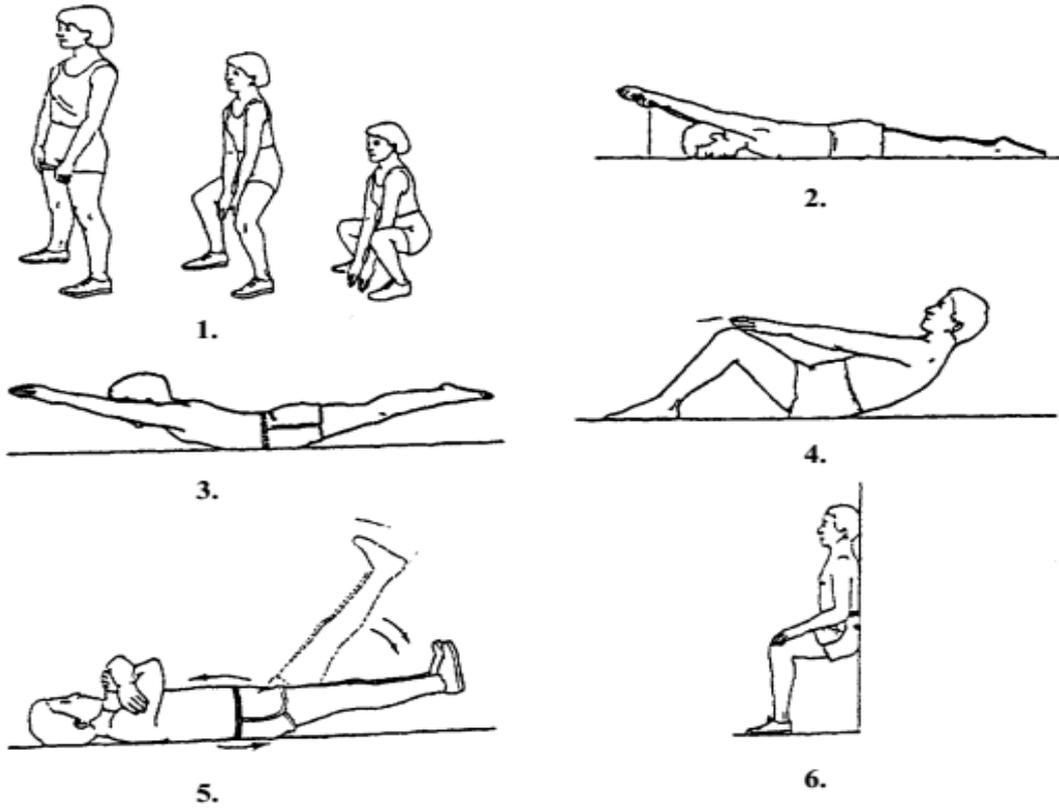


Posture Correction

- The Posture Correction programme includes a control test.
- 12 exercises
 - Correct if you can do all the tasks
 - Reinforce if you cannot do any of the tasks



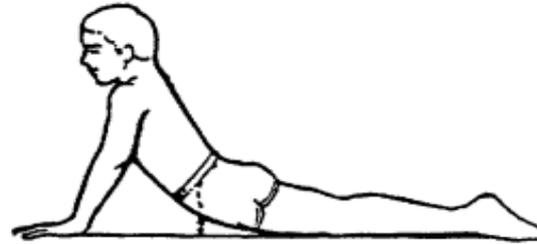
Posture Correction



Posture Correction



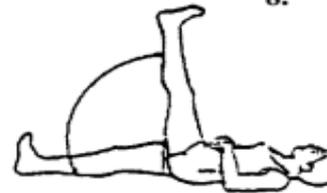
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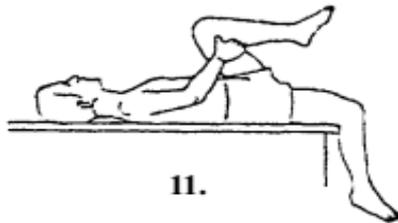
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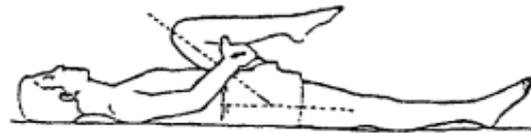
9.



10.



11.



12.

Create a back educational program!

- No financial issues
- Learning materials is normal
 - Students
 - Teachers
 - Parents / home





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Thank you for your attention!



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21/09/2023