

Management of obesity induced forward head posture deformities through sports

Dr. Hanumanthayya Pujari

Associate Professor

Dept of Physical Education and Sports Sciences

Vijayanagara Sri Krishnadevaraya University – Ballari, India.

Abstract

Physical activity is the only source that can effectively reduce the accumulated excess fat in an individual. Though sufficient awareness is created among the people suffering from obesity, their approach towards the same isn't promising at all. The obese people are willing to offer time for any kind of clinical treatments, irrespective of the time and money. Some of the sports involve rigorous physical activity. These activities are rigorous enough to burn the excess fat stored in the body and when followed as per recommendations, can really reflect in form of improved health and fitness. This paper insists on one such practice of suggesting a physical activity as an equivalent for clinical treatments and for obesity induced Forward Head Posture (FHP) deformities.

Keywords: Obesity, forward head posture, sports and physical activity.

Introduction

Presently three out of four peoples are found to be suffering from over weight (obesity) which is due to the excess amount of fat accumulated in adipose tissue. This is because of high Junk food intake (Oil, High Carbohydrate, Fat etc.) and less or no physical activity. The lack of awareness towards benefit of fit physic and physical activity are also the major factor for the increase number of obesity people.

Obesity also cost by due to various other problem such as genetic disorder, acquired auto immune disorder, physical challenged etc., all type of obesity creates many health issues for the people which reduces their moral, ethical values, resulting in depression and other mental issues. Along with these obesity also restricts the individuals from performing regular activities such as jumping, fast moving forward, walking, climbing stairs, onset of arthritis and problem in vital joints in body. One of the joint that gets affected is neck joint the pain and ache at neck joint due to obesity develop or mature in to a forward head posture deformities.

To correct this problem wide range of clinical come physiotherapy tool available but these is effective only for the short time. For permanent recovery longer duration of appropriate physiotherapy treatment such as traction is frequently required along with cooperation from the patient due to the time consuming and intense physiotherapy sessions the patient feel deformities and depressed this psychological deformities further develops problems for the patient.

Thus we suggest a competitive treatment through sports training. The game of Badminton is suggested as treatment for obesity induced forward head posture. The same has been validated through our research finding. The future elucidation through our study are presented via treating two obese people with neck joints aliment.

Obesity

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. People are generally considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight by the square of the person's height, is over 30 kg/m^2 , with the range $25\text{--}30 \text{ kg/m}^2$ defined as overweight.

Forward Head Posture (FHP)

Normally the center of the ear should align with the center of the shoulder in the vertical

International Journal of Physical Education, Sports and Health

When there is a forward tilt of the head from the accepted normal head position in any degrees it is called as forward head posture.

Causes of FHP and Obese

- The head is almost a pronounced forward/downward flexion of the neck most times during the simple routine jobs like handling a cell phone, handling a laptop / PC, bending down to pick up or drop weights, sleeping position, driving vehicles, less or no physical activity etc.in this certain occupational hazards put immense strain on the muscles and joints. Particularly the delicate joint of the vertebral column. In generally the obese peoples may have more stress and strain on their neck region. Due to improper weight distribution on their body during sitting, standing, walking etc., therefore it is imperative that the stress and strain sustained by such joints needs to be analysed so that suitable remedial exercise could be suggested in order to counter the overload or strain. Most of the study prove physical activity can reduce the obese.

- The human body was not designed for prolonged periods of sitting or sedentary lifestyles. Our bodies automatically adapt to our environment and when we continually place ourselves in sub-optimal positions such as hours of sitting, certain muscles that are responsible for good posture will weaken and tighten.
- As the body follows where the head goes, if you have a forward head posture, your shoulders will also hunch forward with it.

Conventional clinical method

There are several method to treat for obese and FHP namely

Bariatric surgery, which involves sealing off most of the stomach to reduce the quantity of food you can consume, can be an effective means for morbidly obese people to lose weight and maintain that weight loss. Gastric Sleeve – feel less hungry & full sooner while eating. Gastric Bypass – feel full sooner while eating & absorb fewer minerals. Duodenal Switch – feel less hungry & full sooner while eating, absorb fewer calories and minerals. Lap-Band – feel full sooner while eating (but high failure rate). Gastric Balloon – temporarily feel full sooner while eating (balloon removed after 6 months). vBloc Therapy – feel full between meals & less hungry while eating. Aspire Assist – drain a portion of stomach contents after eating. Ayurveda helps in weight loss. Homeopathy medicine for obesity. Naturopathy to treat obesity. Unani medicine for obesity. Traction.

Physical activity method

The game of Badminton is suggested as treatment for obesity induced forward head posture

Badminton is a racket sport that can be played individually against a single opponent (singles) or between two teams of two players each (doubles). The player uses a badminton racket to hit a shuttlecock across a net and into the opponent's court. The nature of the game is such that the players head movement is mostly in upward and posterior backward direction (Hyper extension of the neck). frequently (long duration) doing this movement which can help to reduce (cure) the FHP. Minimum of 45min playing (hitting the cock) a game our body splint more energy and also it switch over to fat as an energy source it can help to reduce obese.

The method of Yoga Asana is suggested as treatment for obesity induced forward head posture

Doing some Yoga Asana helps to reduce FHP namely bhujangasana, machasanam, pirai asana etc., Some study prove Surya namaskar helps to reduction of the obesity. Stretching also one of the method help to reduce the FHP.

Conclusions

Obesity is a serious and highly prevalent disease associated with increased morbidity and mortality. Health care providers must take an active role in the identification, evaluation, and treatment of high-risk individuals. FHP is a fairly common condition characterized by forward placement of the head and neck, past the shoulders. Finally sports (physical Activity) is the one of the tool which help to prevent, reduce and cure the some of the disease and deformities. A healthy diet and exercising two to three times a week is key to not becoming obese and other problems. Let's change the trend of obesity/FHP by living healthy lives and building towards a healthy India.

Reference

1. Bernstein AM, Bar J, Ehrman JP, Golubic M, Roizen MF. Yoga in the management of overweight and obesity. *American Journal of Lifestyle Medicine*. 2013; 1559827613492097.
2. Jakhotia KA, Shimpi AP, Rairikar SA, Mhendale P, Hatekar R, Shyam A *et al*. Suryanamaskar: An equivalent approach towards management of physical fitness in obese females. *International Journal of Yoga*. 2015; 8(1):27.
3. Joshi S, Deole YS, Vyas GH, Dash SC. Management of Overweight and Obesity through specific Yogic procedures. *AYU (An international quarterly journal of research in Ayurveda)*. 2009; 30(4):425.
4. Gokal R, Shillito L, Maharaj SR. Positive impact of yoga and pranayam on obesity, hypertension, blood sugar, and cholesterol: a pilot assessment. *The Journal of Alternative and Complementary Medicine*. 2007; 13(10):1056-1058.
5. Lee JA, Kim JW, Kim DY. Effects of yoga exercise on serum adiponectin and metabolic syndrome factors in obese postmenopausal women. *Menopause*. 2012; 19(3):296-301.
6. Shinde N, Shinde KJ, Khatri SM, Hande D. A Comparative Study of Yoga and Aerobic Exercises in Obesity and its Effect on Pulmonary Function. *J Diabetes Metab*. 2013; 4(257):2.
7. Özbek MM, Miyamoto K, Lowe AA, Fleetham JA. Natural head posture, upper airway morphology and obstructive sleep apnoea severity in adults. *The European Journal of Orthodontics*. 1998; 20(2):133-143.
8. <https://en.wikipedia.org/wiki/Obesity>
9. <http://posturedirect.com/forward-head-posture-correction/#4>
10. <https://www.omicsonline.org/conferences-list/conventional-treatments-for-obesity>
11. <http://www.bariatric-surgery-source.com/types-of-bariatric-surgery.html>
12. <http://questgarden.com/82/96/8/090601060737/conclusion.htm>