The PoSE Project: An Innovative Approach to Promote Healthy Postures in Schoolchildren

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define Abstract. Back pain in children and adolescents is quite common, so developing preventive strategies for back pain is highly desirable. This article describes a planned school-based postural education project (PoSE) to promote healthy behaviors among middle school students and their families and to moderate postural diseases. As first step, we evaluated which aspects of postural behaviors were integrated in children’s lifestyle through a questionnaire. Then, the educational program consisted of interactive lessons on back posture and good principles both in class and at home. The strength of the participatory approach used in this study lies in the contribution to empowerment social change.

Keywords: Schoolchildren · Prevention · Posture · Back education · Engagement · Social · Empowerment
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