

## **Orthopaedics-2020: Knee problems connected with improper way of sitting in children, adolescents, adults at physiotherapy clinic: A Review Article by -**

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Available literature does not discuss any information about ways of standing and sitting in children, adolescents and adults in context of pathology of the locomotor system. The observations made by the authors in the years 1995 - 2018 proved that the incorrect position of sitting leads to pathology of knee, that is the instability and pain syndromes. The pathogenesis of deformities and the rules of the therapy and prophylactics were presented in lectures. The cause of dysfunctions can be congenital, post traumatic, inflammations or chronic overload. It is very frequent that the pathology of locomotor system is connected with syndrome of contractures and deformities described primary by Prof. Hans Mau from Tübingen, Germany. The overload is known in medicine and can be the cause of pathology in the locomotor system but has not been connected with scoliosis. In the case of scoliosis, the time of overloading while standing plays the main role whereas in the case of pathology of the knee, it is the incorrect position while sitting that has the negative effect. The study included 98 patients presenting incorrect sitting position. The patients were both children and adults. It has been proved that the pathology of the knee can be connected with

varus deformity, with valgus deformity, with contracture of knee joint, with hyperextension of knee joint. Additional pathologies connected with instability of the knee and this instability is connected with improper position of sitting have been observed since 2012. The number of patients sitting in an incorrect way in Poland varies from 10% to 15%. The question whether such patients are present in other countries still remains without an answer. A careful examination of painful knees performed in the years 1995 – 2018, an improper way of movement of the knee has been discovered. It has been discovered that in movement from flexion to the extension performed on one or both knees, they were not in sagittal line whereas it was observed that in end phase of the extension with the rotation or with valgus direction of movement was present. The material presented in lectures, indicated the presence of numerous patients at different ages that had the habit of improper sitting. The rules of therapy were discussed in the lecture. The aim of the therapy is to avoid the improper sitting and exercises in order to improve the stability of the knee joint. The importance of physical therapy diadynamic, laser, kryotherapy and other was also stressed.