136 - PREVALENCE OF ESCOLIOSES IN PERTAINING TO SCHOOL OF THE CITY OF JOÃO PESSOA - PB

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INTRODUCTION

With the evolution, the man passed of a bending position with four supports, as of the current monkeys, for an erect position, two supports. When starting to take this position changes in its bonds and muscular structures had occurred. The erect position human being alone was possible for the transformations that had appeared in the vertebral column, with the appearance of the lordotic curves in the cervical and lumbar region (RESENDE and SANCHES, 1992, p.21). The style of modern life contributed for the appearance of some not healthful habits that harms the quality of life of the people.

Bad position, hysteria, irritation of nervous root, inflammation in the region of the column, discrepancy in the length of the inferior members or contracture in the hip can cause scoliosis not structural (MAGEE, 2002, p.350). The sedentary, been nutritional, vices of position among others, are strong indicates in the postures shunting line appearance and pathologies of the vertebral column.

The obesity and the malnutrition can come to compromise the structure mainly muscle-skeletal of person, proceeding from the excess of weight in the region of the trunk and the muscular weakness generating disequilibrium of the muscles of sustentation and stabilizers respectively. As Monteiro and Conde (2000) the malnutrition in infancy compromises the bonds development in relation to the linear growth of the organism as well as the low development of the musculature of sustentation of person.

Corroborating with the displayed Dantas (1998) it affirms that the lack of muscular force contributes for disequilibrium of forces favoring the postural shunting line appearance. The position is a habit that the individual acquires with passing of the years, many times unconsciously, if not limiting only the foot positions and seated: in the lying position, also it is necessary to have a good position (SWEZY, 1990). The structural alterations can be genetic, idiopathic, or caused for some congenital problem (MAGEE, 2002, p 350).

The adolescents are threatened by the work in position arches, the delayed permanence in foot or carrying extremely heavy loads, beyond its structural possibilities, for not being this total developed (RESENDE and SANCHES, 1992, p.22). You become necessary in also sending them to the time of permanence in pertaining to school age in the seated position and more, the acquisition of furniture on the part of the mainly public schools inadequate the certain ages providing one I bother when seating for long periods of time forcing to adopt a more comfortable position but that not affirm with the form certain to be seated, this can mainly favor in period of training of development muscle-skeletal the postural shunting line appearance and scoliosis.

The pathologic illness of the vertebral column can appear in the cervical, thoracic and lumbar region, with the clinic examination or a postural evaluation will detect the appearance of scoliosis solely in each combined region of the column or in two or three regions (MAGEE, 2002).

Many can be the factors for the appearance of shunting lines in the position and pathologic of the vertebral column, being the most common process of sped up growth, inadequate static position in many situations of the day-day and asymmetry of related forces the dynamic activities would daily.

Inside of that he was boarded the study it has as objective to analyze the prevalence of shunting lines in the position, in I specify scoliosis , of pertaining to school of the municipal net of education of the city of João Pessoa/PB.

METHODOLOGY

CHARACTERIZATION OF THE STUDY

The descriptive study, transversal of the type study's cases and qualitative boarding.

POPULATION AND SAMPLE

The population was of pertaining to school of the municipal net of education of the city of João Person/PB. The sample consisted of 73 pertaining to school of the masculine sex of five (05) municipal schools distributed in five (05) different quarters of the city of João Pessoa with ages between 07 and 10 years, with average of 8,63±1,16 years of age. The election of the schools was through drawing and the selected sample of not intentional form.

INSTRUMENTS FOR COLLECTION OF DATA And PROCEDURES

A digital camera CANON, model DIGIART 510 was used for the collection of the data, with 5.0 MegaPixels of resolution, metric ribbon, penxs and computer for analyzes of the photos. For the collection he was requested to the pupils who were of shimstock, marking itself with penxs the prickly processes of the vertebral column after previous flexion of hip, photographing them in the orthostatic position to a distance of three meters, with the camera to a height of 90 cm, only in the posterior sight. To help in it analyzes of photographs was used a script of analyzes bred from removed information of the book of Carnival (2002, p.85), in which it standes out that the penxs and the simetrógrafo (used for to do the postural evaluation) are enough for the postural evaluation. The simetrografo will serve to evaluate the types of uneven nesses that the individuals will have in front when being to exactly, in the case overlapping the images photographed under a model of simetrografo in program for analyzes graphical in the MGIphotoSuite computer IF, appealing finally to the program statistics SPSS 13,0 for analysis of the frequencies of the types of scoliosis.

RESULTS

In table 01 the frequency values of and percentage of the verified types of scoliosis between the evaluated citizens are presented.

Table 01: Frequency (Fr) and Percentage (%) of the conditions of the vertebral column how much scoliosis in the evaluated citizens.

Característica	Fr	%
Natural	29	39,7
Scoliosis Right Cervic	5	6,8
Scoliosis Right Thoracic	20	27,4
Scoliosis Left Thoracic	3	4,1
Scoliosis Right Lumbar	9	12,3
Scoliosis Left Lumbar	5	6,8
Scoliosis Right Cervic and Left Thoracic	1	1,4
Scoliosis Left Cervic and Right Thoracic	1	1,4

In this table we can evidence that only 39.7% had not presented problems of scoliosis, while that scoliosis cervical was evidenced only for the right side, the thoracic in the two sides (31,5%), lumbar in both the double sides (19,1%) and scoliosis, cervic-thoracic, also for the two sides (2,8%), being this finishes in a lesser amount of citizens.

Mangueira (2004) studied children and adolescents of both the sexes using a questionnaire I contend questions on presence on of pain and postures habits, plus a script for physical examination, observing that 62.7% of boys and 72,9 % of the girls had been mentioned of pain in located column 40% in thoracic region and 40% in the lumbar region and found 34.9% of curv of back, 27.7% of scoliosis and hyperlordosis 17.5% and more 4.8% of scoliosis was structural or either, the correction of the shunting line when bent the trunk does not occur.

In table 02 amount of citizens for age is verified it that presents the types of scoliosis. It is verified that the compromised age more with this type of postural problem is of 8 years, with 9 citizens presenting simple scoliosis thoracic and with a case of scoliosis double cervic-thoracic. The second age more attack is of the 10 years, with 14 citizens presenting some type of problem, being to the thoracic region more the attack with 8 citizens and also presenting an one case of scoliosis double cervic-thoracic.

It enters the problems observed between the pertaining to school, simple scoliosis thoracic was most prevalent, with 23 citizens (31.5% of the evaluated ones) with this type of problem, and to less prevalent double cervic-thoracic with only two citizens was scoliosis (2.8% of the evaluated ones).

Table 02: Frequency (Fr) of the types of scoliosis for age in the evaluated citizens.

	Idades				
types of scoliosis	7	8	9	10	Total
cervic	2		2	1	5
thoracic	3	9	3	8	23
lumbar	3	5	2	4	14
cervic-thoracic		1		1	2
Total	8	15	7	14	44

A study carried through for Penha et al (2005), had evaluated 132 citizens of the feminine sex with age between 07 and 10 and had found following shunting lines, knee valgus, medial rotation of the hip, antepulsion, pelvic anteversion, hyperextension of knee, hyperkyphosis lumbar, ankle valgus, unevenness of shoulder, lateral pelvic inclination, winged rotation of trunk, hyperkyphosis thoracic, medial rotation of shoulder, inclination of the head and scoliosis, object of this present study.

Beyond this, other carried through by Rezende and Sanches (1992) 2413 children with pertaining to school age between 11 had evaluated and 16 years of both the sexes of the state and particular net had disclosed that for an only shunting line they had disclosed that 37.47% of the children had postural shunting line kyphosis (45.74% boys/31.37% girls), 21.44% had presented postural shunting line lordose (30.59% girls/9.04% boys), and scoliosis reached 10.84% of the children and with three shunting lines (kyphosis-lordosis-scoliosis) it reaches one I number minimum of children, only 1,13%.

Bankoff (2002) made another study on postures problems in children of the public net of education caused for bad nutrition and work heavy and specifically verified that the nutritional lack, the malnutrition and the infantile work directly are related with the postures shunting line incidence, kyphosis and scoliosis, associates previous the thoracic lump, deficit of developed muscular mass, winged spikes and fallen shoulders, depressed thorax making it difficult the breath, inferior members in genu valgum and genu varum.

One of the factors for this appearance can be related with the lack of corporal perception, low development muscle-skeletal and also the furniture of the schools that standardized and inadequate for are determined of age bands. This abrogation doing the children if to adapter the chairs for one better comfort for also passing seated hours attending lesson and finishes adopting wrong and vicious positions that can cause the appearance of scoliosis.

Schmidt and Bankoff (2000) had studied the Corporal Pertaining to school Position and verified that in the superior members shunting lines in the shoulders and spikes had been evidenced, being shunting lines scapulars highly related with the weight of the pertaining to school.

Of the evaluated citizens we find a significant number of children with problems of scoliosis, consequently these children will have an evolution of its problems therefore does not exist public nor professional politics of physical education enabled to the precocious diagnosis of this problem, making impracticable the work of correction and re-education of the postures habits that develop or get worse this picture in the children.

CONCLUSION

On the basis of the evaluated citizens conclude that the postural problem in the vertebral column scoliosis process a expressive prevalence, having to be object of more research of character epidemiologist for future interventions capable to revert these data, identifying the main factors related to this sprouting and development, intervined of the appropriate form as and compromising degree.

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PREVALENCE OF ESCOLIOSES IN PERTAINING TO SCHOOL OF THE CITY OF JOÃO PESSOA - PB

The evolution human being for an erect position provided for the man a gamma of functional benefits, however, the style of modern life also caused it morphologic alterations of the structure muscle-skeletal as problems in the position and patologias of the vertebral column. Objectives: To analyze the prevalence of scoliosis in schoolboys of the municipal public net of education of the city of João Pessoa/PB. The study is characterized how study of cases, descriptive, transversal of qualitative boarding of the type. One evaluated 73 schoolboys with ages between 07 and 10 years old of the city of João Pessoa/PB. Each student had the prickly processes of the vertebral column marked after flexão of the trunk, being then photographed the coasts in static position, identifying the type of escoliose and registering it. The sample presented average of age of 8,63±1,16 years and the prevalences of escolioses were of 62,9%, being these cervical 6.8%, 31.5% torácica, lumbar 19.1%, 2.8% cervical-thoracic. It was concluded that scoliosis was considerably prevalent between the pertaining to school searched, having itself to explore the reasons related to this type of pathology, since the trend is the aggravation of this.

Keys Words: Alterations in the position; Scoliosis; Schoolboys.

PRÉDOMINANCE d'ESCOLIOSES EN APPARTENIR à l'ÉCOLE de la PERSONNE de la VILLE JOÃO - de PB

L'être humain d'évolution pour une position droite a fourni pour l'homme un gamma des avantages fonctionnels, cependant, le modèle de la vie moderne lui a également causé des changements morphologiques du muscle de structure d'esquelética comme problèmes dans la position et les patologias de la colonne vertébrale. Objectifs : Pour analyser la prédominance des escolioses en concernant l'école du filet public municipal de l'éducation de la ville de João Person/PB. L'étude d'étude des cas est caractérisée comme descriptive, transversal d'embarquer qualitatif du type. On a évalué concerner 73 masculin l'école avec la bande d'etária entre 07 et 10 ans de la ville de João Person/PB. Chaque étudiant a eu les processus épineux de la colonne vertébrale marquée après flexão du tronc, étant alors photographié les côtes dans la position statique, identifiant le type d'escoliose et l'enregistrant. L'échantillon a présenté la moyenne de l'âge des années 8,63±1,16 et les prevalences des escolioses étaient de 62.9%, étant ces 6.8% cervicaux, 31.5% le torácica, le lumbar 19.1%, le cervico-torácica 2.8%. On l'a conclu que l'escoliose était consideravelmente répandu entre concerner l'école recherchée, ayant elle-même pour explorer les raisons liées à ce type de pathologie, puisque la tendance est l'aggravation de ceci.

Clefs de mots: Changements en position ; Escoliose ; Concerner l'école.

PREDOMINIO DE ESCOLIOSES EN PERTENECER A LA ESCUELA DE LA PERSONA DE LA CIUDAD DE JOÃO - PB

El est humano de la evolución para una posición erguida proporcionó para el hombre una gamma de ventajas funcionales, sin embargo, el estilo de la vida moderna también le causó las alteraciones morfológicas del músculo de la estructura del esquelética como problemas en la posición y los patologias de la columna vertebral. Objetivos: Para analizar el predominio de escolioses en pertenecer a la escuela de la red pública municipal de la educación de la ciudad de João Person/PB. El estudio del estudio de casos se caracteriza como descriptivo, transversal de subir cualitativo del tipo. Uno evaluó pertenecer masculino 73 a la escuela con la venda del etária entre 07 y 10 años de la edad de la ciudad de João Person/PB. Cada estudiante tenía los procesos espinosos de la columna vertebral marcada después de flexão del tronco, entonces siendo fotografiado las costas en la posición estática, identificando el tipo de escoliose y colocándolo. Muestra el actual promedio de la edad de los años 8,63±1,16 y los prevalences de escolioses estaban de el 62.9%, siendo estos 6.8% cervicales, 31.5% torácica, lumbar 19.1%, cervico-torácica 2.8%. Fue concluido que el escoliose era consideravelmente frecuente entre pertenecer a la escuela buscada, teniendo sí mismo para explorar las razones relacionadas con este tipo de patología, puesto que la tendencia es la provocación de esto.

Llaves de las palabras: Alteraciones en la posición; Escoliose; El pertenecer a la escuela.

PREVALÊNCIA DE ESCOLIOSES EM ESCOLARES DA CIDADE DE JOÃO PESSOA - PB

A evolução humana para uma posição ereta proporcionou para o homem uma gama de benefícios funcionais, porém, o estilo de vida moderno também lhe causou alterações morfológicas da estrutura músculo esquelética como problemas na postura e patologias da coluna vertebral. Objetivos: Analisar a prevalência de escolioses em escolares da rede pública municipal de ensino da cidade de João Pessoa / PB. O estudo é caracterizado como descritivo, transversal de abordagem qualitativa do tipo estudo de casos. Avaliou-se 73 escolares masculinos com faixa etária entre 07 e 10 anos de idade da cidade de João Pessoa / PB. Cada estudante teve os processos espinhosos da coluna vertebral marcados após flexão do tronco, sendo então fotografados as costas em posição estática, identificando-se o tipo de escoliose e registrando-a. A amostra apresentou média de idade de 8,63±1,16 anos e as prevalências de escolioses foi de 62,9%, sendo estas 6,8% cervical, 31,5% torácica, 19,1% lombar, 2,8% cervico-torácica. Concluiu-se que a escoliose foi consideravelmente prevalente entre os escolares pesquisado, devendo-se explorar os motivos relacionados a este tipo de patologia, já que a tendência é o agravamento desta.

Palavras chaves: Alterações na postura; Escoliose; Escolares.