

Workshop to educate in the correct postural hygiene for the activities of daily life

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WHO defines Health Education as those consciously created learning opportunities that aim to improve health basics knowledge and personal abilities of the population in healthcare issues, both individual and collective. Spa Medical are services, in which facilitates this didactic function is order to introduce certain habits that contribute to correct and/or prevent injuries based on inappropriate gestures whwn making certain movements.

For this reason, a specific workshop in body postures was designed being suitable for basic daily life activities and ather complementary tasks related to looking after and also to the most common activities (games) that occur in the family environment (example:grandparents and grandchildren).

This workshop consists of 4 activities: 1-Initial placement test consisting of 9 most common DLA, to evaluate the knowledge on the appropriate posture for to complete that ordinary physical activity. 2- Formative toalk on the proper postures in DLA and possible consequences of use of poor postural hygiene.3-Exercices in a thermal swimming pool based on 12 tecnical file cards containing aquatic axercises (Caldaria Termal Manual of Techniques) with the following points: inadequate posture, possible injury, preventive posture, corrective exercise in thermal swimming pool. 4. Evaluation of the knowledge of the user. Passed 48 or 72 hours after the Formative Talk, the user fills once again the same Initial Placement Test to see if there has been any change in the appropriate postural perception.