

## **Prevention of Postural Defects in Children and Adolescents in Public Health Care on the Example of Selected European Countries**

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**Abstract:**

The study objective was to compare legal regulations undertaken in public health centres aimed at prevention and early diagnosis of posture defects in Spain, Turkey, Romania, Malta and Poland. Information was collected from each partner on legal regulations in force in the country and on guaranteed services in the field of diagnosis and correction of posture defects in children and adolescents, the waiting time for rehabilitation in public health centers was estimated, and a review of the literature from recent years on the epidemiology of posture defects was conducted.

Assessment of body posture is regulated by legal regulations by the relevant Ministry but medical offices aren't equipped with any tools supporting this assessment, there is also no unified protocol for examining body posture, and the information provided to parents is imprecise. There are no clear guidelines for further treatment after a postural defect has been diagnosed, and the waiting time for rehabilitation ranges 2–40 weeks. In none of the countries studied do regulations include the role of a physiotherapist in preventive postural examination of children and adolescents. The preventive measures taken seem to be insufficient and a general debate is needed to find more effective systemic solutions.

**Keywords:**

Body posture, faulty body posture, posture defects prevention, children, child healthcare.