

Abstract

Title: Program to encourage good posture in children aged 5-6 years

Aim of the study: Build a program that leads to good posture and the prevention of spinal injuries

Method: For the purposes of this work we will work with the methods: analysis of literature and the method of questioning.

Analysis of literature in the field of physiotherapy, education, medicine and anatomy, it helped us to build the implementation of motion exercise program.

The survey was used when I found out whether we are interested in this program.

Key words: posture, spine, muscles