




Letter in Response of the Article “Postural Hypervigilance and Perception of Correct Sitting Posture in Individuals with and without Low Back Pain”

Carta resposta referente ao artigo “Hipervigilância postural e percepção da postura correta sentada em indivíduos com e sem dor lombar”

Eduardo Lima de Oliveira¹  Paula Fernanda Ferreira Coutinho¹ Uiera Martins Braga¹
Leonardo Drumond Barsante¹

¹Faculdade Ciências Médicas de Minas Gerais (FCM-MG), Belo Horizonte, Minas Gerais, Brazil

Rev Bras Ortop 2024;59(1):e150–e152.

Address for correspondence Eduardo Lima de Oliveira, Discente do curso de fisioterapia da Faculdade Ciências Médicas de Minas Gerais (FCM-MG), Rua Campinas, 748, Esplanada, Belo Horizonte, Minas Gerais, 30280-090, Brasil (e-mail: duduloliveira@hotmail.com).

I would like to express my gratitude to the editor for the letter sent to us, which is filled with compliments and information. The content is so relevant that it allows us to gain a broader perspective on the topic of postural hypervigilance and the perception of correct sitting posture in individuals with and without low back pain, as well as its association with other types of back pain. This approach is crucial because, aside from being different, it presents specific characteristics and considerations.

For instance, neck pain is common and can be associated with a variety of factors, including poor posture, muscle tension, and injuries. Similar to low back pain, the perception of correct posture plays an important role in the prevention and treatment of neck pain. In these cases, postural hypervigilance may also be present, leading to increased stress in the cervical region and worsening of symptoms.^{1,2}

Likewise, back pain may be related to postural problems and muscle tension in the middle back region. Correct

perception of sitting posture and awareness about maintaining good posture can be useful in preventing and treating this type of back pain.^{3,4}

Therefore, it is important to consider the relationship between postural hypervigilance, perception of correct posture and different types of back pain, including neck pain and dorsal pain. Integrated approaches involving postural education, specific exercises and behavior modification strategies can benefit individuals with different types of back pain, helping them improve their posture, alleviate pain and promote a better quality of life.

I appreciate the opportunity to share this perspective and hope that this additional information contributes to the discussion about postural hypervigilance and perception of correct posture in relation to different types of back pain and the emergence of future studies.

Conflict of Interests

The authors have no conflict of interests to declare.

received
July 19, 2023
accepted
July 28, 2023

DOI <https://doi.org/10.1055/s-0044-1779322>.
ISSN 0102-3616.

© 2024. The Author(s).

This is an open access article published by Thieme under the terms of the Creative Commons Attribution 4.0 International License, permitting copying and reproduction so long as the original work is given appropriate credit (<https://creativecommons.org/licenses/by/4.0/>).

Thieme Revinter Publicações Ltda., Rua do Matoso 170, Rio de Janeiro, RJ, CEP 20270-135, Brazil

References

- 1 Haukka E, Pehkonen I, Leino-Arjas P, et al. Effect of a participatory ergonomics intervention on psychosocial factors at work in a randomised controlled trial. *Occup Environ Med* 2010;67(03):170–177
- 2 Ferrero E, Guigui P, Khalifé M, et al. Global alignment taking into account the cervical spine with odontoid hip axis angle (OD-HA). *Eur Spine J* 2021;30(12):3647–3655
- 3 Muyor JM, López-Miñarro PA, Alacid F. Spinal posture of thoracic and lumbar spine and pelvic tilt in highly trained cyclists. *J Sports Sci Med* 2011;10(02):355–361
- 4 Sutanto D, Ho RST, Poon ETC, Yang Y, Wong SHS. Effects of different trunk training methods for chronic low back pain: A meta-analysis. *Int J Environ Res Public Health* 2022; 19(05):2863

