



Physical Activity for Prevention and Correction of Body Posture in Children and Young People

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Message from the Guest Editors

Physical activity is a key element in supporting the proper development of the human musculoskeletal system in childhood, adolescence, and early adulthood.

Scientific evidence suggests that currently widespread sedentary lifestyles may contribute to postural defects. If the abnormalities in the process of shaping the body posture are not caused by birth defects or serious injuries to the spine or lower extremities, then it may be the result of akinesia-induced muscular dystonia or, alternatively, incorrectly applied or performed physical activity.

This Special Issue of *IJERPH* focuses on demonstrating the role of physical activity in shaping body posture in the sagittal, frontal, and transverse planes in trunk and lower extremities in children, adolescents, and young adults, in both healthy populations as well as those with various disabilities or disease. We invite you to submit scientific articles, research protocols, systematic reviews, meta-analyses, and practical research. Reviews, case reports, and conference papers are welcome in this Special Issue.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

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