



SYSTEMATIC REVIEW REGARDING POSTURE DEVELOPMENT FROM INFANCY TO ADULTHOOD

ANGELAKOPOULOS T. GEORGIOS¹, GEERT J. P. SAVELSBERGH²,
SIMON J. BENNETT³, KEITH DAVIDS⁴,
TSORBATZLOUDIS HARALAMBOS¹, & GROUIOS GEORGE¹

¹ARISTOTLE UNIVERSITY OF THESSALONIKI, DEPARTMENT OF PHYSICAL EDUCATION AND SPORT SCIENCES, SPORT PSYCHOLOGY LABORATORY, THESSALONIKI, GREECE

²GEERT J. P. SAVELSBERGH, VRIJE UNIVERSITEIT AMSTERDAM, FACULTEIT DER BEWEGINGSWETENSCHAPPEN, AMSTERDAM, THE NETHERLANDS

³SIMON J. BENNETT, RESEARCH INSTITUTE FOR EXERCISE & SPORT SCIENCES, LIVERPOOL JOHN MOORES UNIVERSITY, UK

⁴KEITH DAVIDS, QUEENSLAND UNIVERSITY OF TECHNOLOGY, SCHOOL OF HUMAN MOVEMENT STUDIES, BRISBANE, AUSTRALIA

ABSTRACT Posture is the ability to maintain the body's center of mass over the supporting surface in order to maintain equilibrium. The control and coordination of posture is one of the basic action systems. Posture should not be considered as an independent system, which is maintained for its own sake, but rather that posture is sustained in order to facilitate other actions. The ample range of degrees of freedom of the human body gives subjects the freedom to adopt orientations, configurations, and movements due to the various joints of the human body and is improved gradually with the age. The organization of postural control is dependent on the strong coupling between the environmental requirements and the available information, such as vision. From the age of eight months the visual system is more responsible in organizing the interactions with the other two sensory systems (vestibular, and somatosensory system) that is included in the control of body posture and stability. The review of the results showed that the development of posture is essential in everyday activities such as walking and athletic activities.

Key words: Postural Stability, Life Span Development, Motor Control.

Address correspondence: Angelakopoulos T. Georgios, Pirgou 1, 54453, Thessaloniki, Tel. 2310922163,
E-mail: georgios.angelakopoulos@gmail.com