39 ASSESSMENT OF THE PREVALENCE OF KYPHOSIS DISORDERS IN STUDENTS

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The aim of this study was to assess the prevalence of kyphosis disorders in students. Total of 502 students in three levels including primary (99 girls, 99 boys), guidance (47 girls, 57 boys) and high schools (100 girls, 100 boys) participated in this study. Frontal Cobb angle was measured by flexi curve ruler. Data were analysed by χ^2 test. After collecting, subjects were classified in four categories including flat back, normal, kyphosis and hyperkyphosis. Of 256 boys, 2% had flat back, 76.6% were normal and 21.4% had kyphosis and of 256 girls 4.5% showed flat back, 80% showed flat back normal and 15% showed kyphosis, but there were significant differences between their disorders ($p > 0.05$). There was significant difference between boys and girls in elementary school ($p < 0.05$). In guidance and high school boy and girls, there were significant differences between their spinal deformities (flat back, normal and kyphosis). We concluded that reducing improper habits and familiarising the children with the proper way of carrying their bags and performing proper activities such as sitting and sleeping and also participating in regular training can reduce the risk of spinal deformities.