

Feet Pumping Function

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Abstract

From the point of view of the physiology of the body, the foot muscles perform one of the most important physiological functions - pumping. Lymph and blood circulation provide the process of cell metabolism, maintaining its energy state.

One of the conditions for maintaining effective lymph and blood circulation is correct walking biomechanics, i.e., nature laid down the sequence of muscle contraction, which cannot be the deformation of the arches of the feet, the use of shoes, limiting the work of the muscles of the feet.

Keywords: feet pumping; lymph and blood circulation; walking biomechanics; blood flow; diabetic angiopathy

Summary

From the point of view of the physiology of the body, the foot muscles perform one of the most important physiological functions - pumping. Lymph and blood circulation provide the process of cell metabolism, maintaining its energy state.



Figure 1

One of the conditions for maintaining effective lymph and blood circulation is correct walking biomechanics, i.e. nature laid down the sequence of muscle contraction, which cannot be the deformation of the arches of the feet, the use of shoes, limiting the work of the muscles of the feet. Rearranging the legs does not mean walking properly. Each of the five phases of a step is characterized by a certain trajectory of the movement of the bones of the arches (kinematics of movements) and temporary characteristics of contraction of the corresponding muscle groups. The kinematic ally the most difficult phase of the movement is pronation of the inner arch, which rests on the calcaneus.



Figure 2

In a certain period of a step, the internal arch suppresses the forces of inertia arising during movement. Therefore, under him such a high gap. In the case of flat-footedness, orthopedic insoles should provide this cushioning function and help the muscles to lift it. On rigid insoles, even a healthy foot loses its ability to depreciate. Without this phase do not climb the beams and do not push the fingers. With the push, the most powerful muscle groups of our body are involved - the calf muscles. The pressure in the veins of the leg increases to 100-120mm Hg. st ..

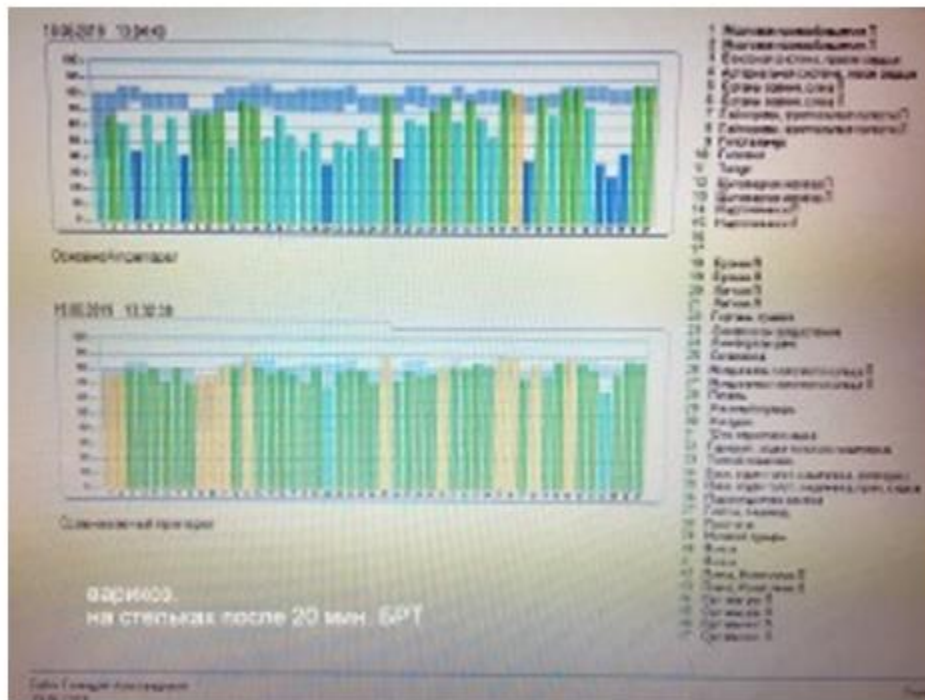


Figure 3

If you do not eliminate the deformations, do not bring the skeleton of the feet to the neutral position, then they will appear in the veins of the zone with excess pressure, where they expand. The vein valves in these areas do not overlap, the blood flow is disturbed. All this will indicate pigmentation and swelling of the legs, the appearance of a burning sensation, redness and fever of the feet. This is a serious symptom that should not be ignored, it indicates serious violations in the lymph system. Drug medications are not effective in this case. Movement is necessary - correct

movement regardless of pain. The best means of normalizing blood flow are the podocorrectors, restoring the kinematics of the musculoskeletal skeleton of the feet.



Figure 4

With the active work of the muscles quickly develop mitochondria of cells that process blood glucose. So a patient from Berlin with diabetic angiopathy, who was prepared for the amputation of both limbs, approached after 20-30 minutes of walking on the sub-correctors, and said that there was no pain and he could walk. A week later, the issue of amputation was no longer standing, and after 8 months it was removed from the diabetic record, blood sugar was normal. Today, using wave therapy, these periods are reduced to 4 months. The situation is similar with other diseases, which confirms the need to assess the quality of correction of feet. As such tools can be used a variety of computer systems bioresonance therapy. In the human physiology section, you will find an explanation of how the deformities of the feet and spine disrupt the functioning of the internal organs, which is the self-regulating function of the body. But it is clear from the fact that during deformities the performance of the muscles decreases, they are reborn into the connective tissue, the nutrition of the cells is disturbed, and the disease develops. During deformities, the muscles themselves cannot get out of this state. Need special muscle therapy. Although the pumping function of the muscles of the feet is spoken from the time of Ancient China, modern medicine still uses the techniques of the French Revolution. The vessels are removed, sclerotized, and various operations are carried out on the feet, joints, and spine, which leads to disability and loss of a certain functionality. You cannot run, jump, the heart does not get enough blood, will stretch the blood vessels.



Figure 5

When walking on the subcorrectors, the veins are almost completely hidden after 10-30 days. Remember, chronic diseases of the body are the result of a violation of the pumping function of the muscles, the development of varicose veins of the internal organs, which manifests itself in the limbs, but invisibly in the organs. The reason for all this is the deformation of the feet, the violation of the biomechanics of walking. Our functional orthopedic center is engaged in restoring the functionality of the arches of the feet. There are no alternative methods in the world. Modern

orthopedics is aimed at providing comfort to the feet, which in itself is not true, which often adversely affects the functionality of the whole organism.



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