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Short Communication

What do we Know about Flat Feet?

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Abstract

This question may seem strange to physicians, but how will they explain that in the forties of the last century, flat feet were tested only in 4-6% of the population, and in 2000, according to the results of a general medical examination conducted in Russia, deformities of the feet and spine were already noted in 85-95 % of the population.

Keywords: flat feet; general medical examination; Russia; skeleton; center of gravity; leg lengths

Summary

This question may seem strange to physicians, but how will they explain that in the forties of the last century, flat feet were tested only in 4-6% of the population, and in 2000, according to the results of a general medical examination conducted in Russia, deformities of the feet and spine were already noted in 85-95 % of the population.

Figure 1

Is this the result of the active work of modern medicine, or the use of improperly made shoes?

Analyzing these factors, I come to the conclusion that medicine is really not a science, the doctor does not know the basics of mechanics, does not know what kind of load the skeleton of the feet perceives, which the muscles cannot cope with. Medicine cannot understand what a self-regulating

system is, that it consists of cells whose metabolic processes are supported by contraction of skeletal muscles. Their pumping function is disturbed during the development of deformations in the structures of the skeleton and feet in particular.

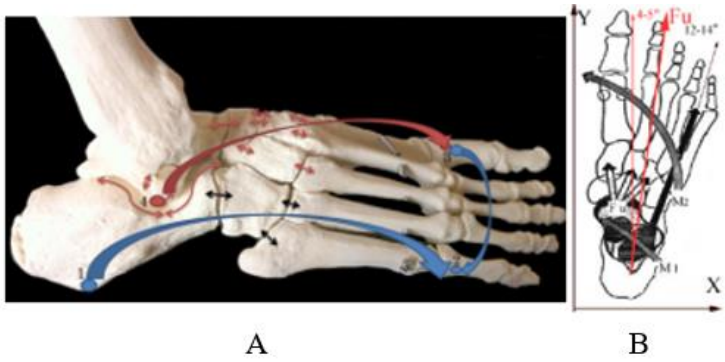

Figure 2 (A and B)

If the load on the feet is determined by the position of the General Center of Gravity of the body, its displacement relative to the vertical axis of symmetry of the skeleton, then the spinal deformities are associated with the difference in leg lengths that each individual has.

Figure 3

It should be compensated by specialists involved in the correction of the feet, the spine, and therefore the restoration of the work of the whole organism.

This is the specialist on which the health of each of us depends. But doctors and specialists who make insoles do not understand this. Yes, these insoles are no longer called orthopedic. Experts do not know that the main supporting arches of the feet are the outer longitudinal and transverse. That all deformations of the skeleton begin with them. The doctor, like a child, cannot understand that by filling the gap under the arch, raising it, he turns the feet into flat feet.

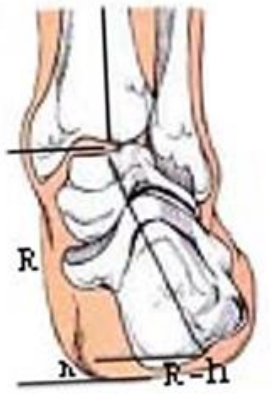

Figure 4

Here you need to know the kinematics of the movement of the bones of the skeleton, which is the overturning of the inner arch, and not vertical lowering, similar to the supporting arches. The process of dampening the speed of transfer of the leg during the performance of a step occurs after the top of the outer arch touches the supporting surface. This is how a moment of forces arises, which unfolds the internal arch on the supporting surface of the calcaneus, on its subtalar joint. This moment of force also occurs when walking with the toes turned outward and, of course, on a long limb when the calcaneus is turned, which shortens itself functionally.

Today, in the first place in terms of mortality are violations of arterial blood flow. Ischemia of the heart, lower extremities, malnutrition of the brain. But none of the pundits say that the reason lies in the violation of the outflow of venous blood due to ignorance of how to restore the biomechanics of movement, the work of the most powerful venous-muscular pumps of the feet, raising lymph, blood to the heart. Cold feet, hands, strokes and other brain disorders are disorders associated with deformities in the musculoskeletal structures of the legs and spine. The deformations laid down in young years are manifested in old age, when muscle tone decreases. We can no longer run, jump. The muscles of the legs are the first to suffer, and this is 80% of the muscles of the whole body. The ability to run, jump is determined by the position of the thumb. But he is led aside by narrow-toed shoes.

Figure 5

Ignorance of the anatomy of the feet is also manifested in the fact that the reference points of the heels and the transverse arch in shoes do not correspond to the points of support of the skeleton of the feet. Here, try to figure out who is to blame for such deformations, who should really be responsible for our health, the health of children.

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