

Foot Deformities Underlie All Disorders in The Body

Gusyev Valentyn

President, Member of Pedorthic Association of Canada, Canada.

***Corresponding Author:** Gusyev Valentyn, President, Member of Pedorthic Association of Canada, Canada.

Received date: October 09, 2023; **Accepted date:** October 17, 2023; **Published date:** October 25, 2023

Citation: Gusyev Valentyn, (2023), Foot Deformities Underlie All Disorders in The Body. *J New Medical Innovations and Research*, 4(7); DOI:10.31579/2767-7370/066

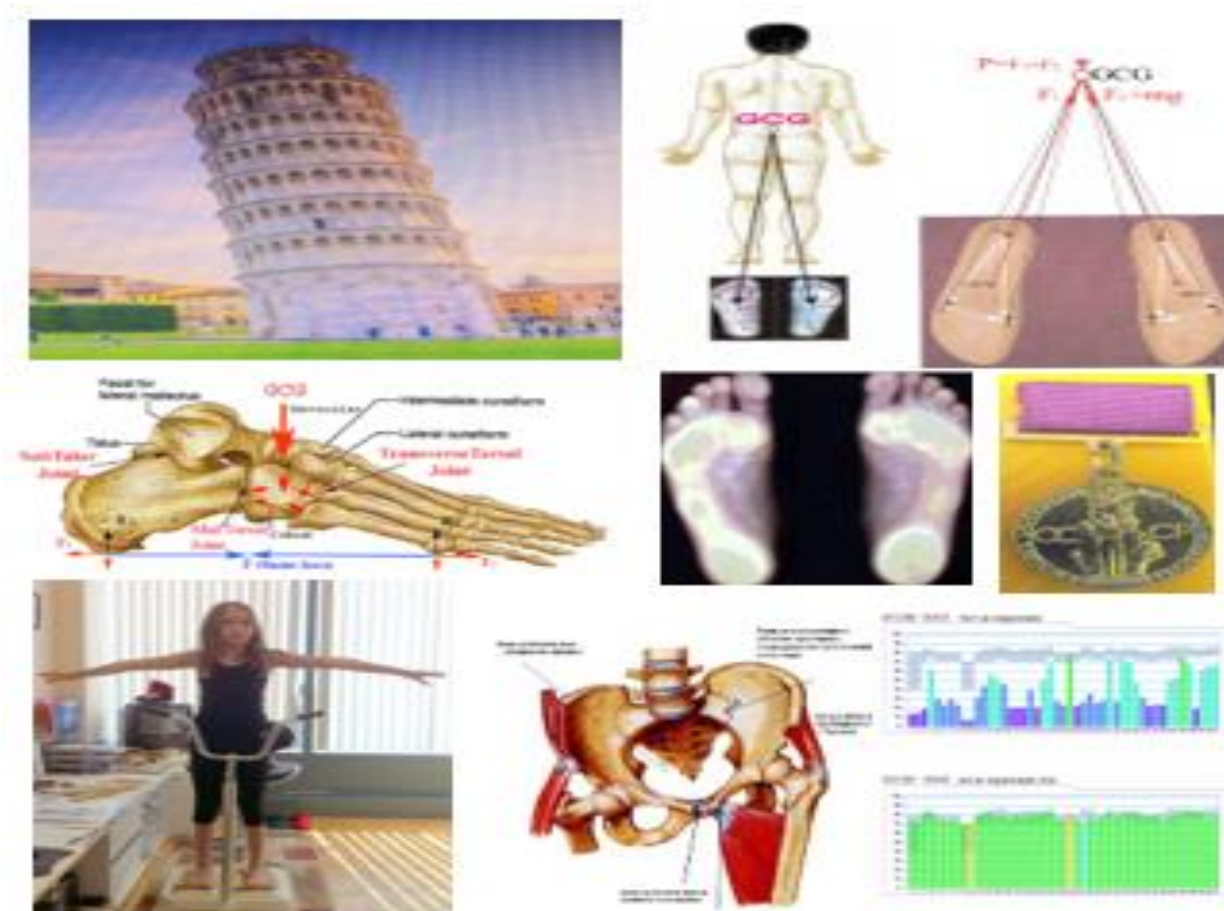
Copyright: © 2023, Gusyev Valentyn. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Summary:

For more than 50 years, having been doing foot correction, I am becoming more and more convinced that no one in the world understands the significance of the functionality of the feet, how to eliminate deformations of them and the overlying skeletal structures. The connection of foot deformities with the overlying structures of the skeleton is the action of unconditioned reflexes of the body, aimed at maintaining a stable vertical position of the body, upright walking. The final element of its impact are the muscles of the musculoskeletal frame of the body. If the stability of the tower is determined by the position of its center of gravity relative to the area of support, then our biological system requires that the General Center of Gravity constantly oscillate with precision about the vertical axis of the body in each of the planes. This is how the contractile pumping function of the muscles, the basis of the body's vital activity, is maintained - the processes of cell metabolism. That is why the elimination of deformities in the structures of the musculoskeletal skeleton of the feet is extremely important in restoring a healthy body - the therapy of a self-regulating organism. Exploring the reasons for the growth in the number of people with deformities of the feet and spine, which already today exceed 95%, then you wonder if medicine is the merit of this. Of course, the doctor does not have knowledge in the field of mechanics, physics and mathematics, and even the kinematics of the connections between the bones of the feet, which does not allow one to correctly assess the composition of the bones in the arches and their functionality, correct the skeleton correctly, and bring the arches to a neutral position. There is no understanding and that it is unacceptable to correct the spine without correcting the feet. This is especially evident when using rigid corsets and devices. Obviously, this is why medicine says that the causes of the

development of scoliosis have not been clarified. But there is no understanding that deformations do not belong to the category of diseases, but are the cause of their development, violations of the processes of cell metabolism. Hence, there should be an understanding that any treatment should begin with the correction of the musculoskeletal frame of the body, which is not in medical practice.

Deformation of the feet is the result of the action of forces on the skeleton, where the body's GCG is displaced relative to the CG of the support triangle of the feet. This determines the wear of the joints, the appearance of pain, as the flow of oxygenated blood is disturbed. Each person has an anatomical difference in leg lengths. For this reason, there are functional displacements in the joints of the entire musculoskeletal frame of the body up to the first cervical vertebra Atlanta. So, the medulla oblongata is injured, the arterial supply of the brain is disturbed. Deformations are also a violation of the outflow of venous, and hence the flow of arterial blood. But no one talks about this, does not eliminate the deformities of the feet, does not bring the BCT of the body to the vertical. It is not clear why foot prints are taken in a sitting or lying position from deformed feet without taking into account the position of the GCG body's relative to the CG of the reference triangle. At the same time, we are not talking about the need to bring the arches to a neutral position, to restore the pumping function of the feet. The fact that the external and transverse vaults are the supporting ones, that all deformations begin with them, no one thinks. But with the lowering of the cuboid bone of the outer fornix, its contact with the support, the turn of the inner fornix in the subtalar joint begins. It describes movement along a radius trajectory, which is a great way to dampen the speed of the swing of the leg for the next step.



This tipping occurs both when the calcaneus is valgus on a long limb, and when we walk with the feet turned outward. Lack of understanding of the kinematics of what is happening, bringing medicine under the inner arch of the insoles and contributes to foot deformities, which responds to the state of the structures of the entire skeleton, the work of a self-regulating system.

It is impossible to perform foot correction without compensating the functional, and then the anatomical components of limb shortening. Knowing the anatomy of the pelvis, the location of the hip joints and the factors of their dysplasia, we can say that the position of the sacrum and the rotation of the spinal discs are associated with the position of the iliosacral joints of the pelvis relative to the vertical. They will never be located symmetrically in the frontal and sagittal planes.

Standing on the diaphragms of the communicating vessels, the anatomical difference in the lengths of the legs is compensated, the arches of the feet and the spine are brought to a neutral position, the body hangs in the air,

occupying a stable vertical position. In this position of the musculoskeletal frame of the body, in 100% of cases, normalization of the energy state of the body is observed. This information is recorded by the non-polar material of the insoles, which is tested by computer systems. So, the functional correction of the musculoskeletal frame of the body is manifested in the normalization of the work of a self-regulating organism, the disappearance of the symptoms of diseases. If in the first place in terms of mortality is a violation of arterial blood flow, amputation of limbs with a diabetic foot, and this is a consequence of a violation of the outflow of venous blood, a violation of the biomechanics of walking.

Hydrostatic foot correction avoids amputation of the legs in persons who have been prescribed limb amputation, surgery for cardiac ischemia and other disorders. A person forgets about the constant feeling of cold feet and hands, often ill children do not get sick for years. In 1986, individual under-corrector insoles for unloading were awarded the bronze medal.



This work is licensed under Creative Commons Attribution 4.0 License

To Submit Your Article Click Here:

Submit Manuscript

DOI:10.31579/2767-7370/066

Ready to submit your research? Choose Auctores and benefit from:

- fast, convenient online submission
- rigorous peer review by experienced research in your field
- rapid publication on acceptance
- authors retain copyrights
- unique DOI for all articles
- immediate, unrestricted online access

At Auctores, research is always in progress.

Learn more at: <https://auctoresonline.org/journals/new-medical-innovations-and-research>