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Short Communication

Flat Feet is Not What Doctors Say

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Abstract

In medicine, the terminology is accepted; flat feet is a decrease in the height of the internal arch, when the balance of forces is disturbed in the system of paired muscles. Specialists lift and hold the arch with hard insoles, not realizing that this way the muscles do not contract at all. Reduction of the vault is always a loss or change in its functionality. The function of the muscles of the arch is not only to compensate for the load, but also to raise lymph and blood to the organs.

Keywords: flat feet; doctors; height; internal arch; BCT; body; footprints; musculoskeletal frame

Summary

In medicine, the terminology is accepted; flat feet is a decrease in the height of the internal arch, when the balance of forces is disturbed in the system of paired muscles. Specialists lift and hold the arch with hard insoles, not realizing that this way the muscles do not contract at all. Reduction of the vault is always a loss or change in its functionality. The function of the muscles of the arch is not only to compensate for the load, but also to raise lymph and blood to the organs.

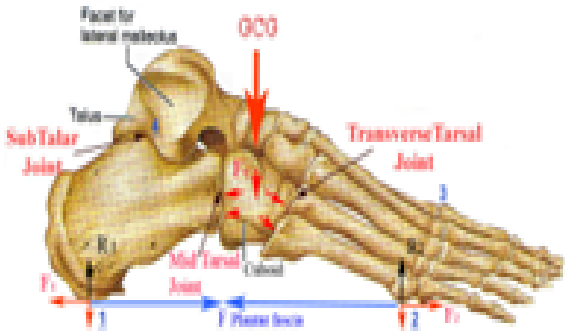

Figure 1

Already between these two functions, a certain contradiction is seen: to keep the load and pump blood. That is why a misunderstanding of the physiology of the body is seen in the actions of orthopedists. The body, being in a stable vertical position, constantly strives to fall, its body's BCT constantly fluctuates about the vertical axis, which causes the muscles to contract, to support the metabolic processes of the body's cells.

Figure 2

It follows that it is impossible to raise and maintain the inner vault. The internal arch has a large clearance, which can be compared to the braking distance of a car, which dampens the speed of the transfer of the leg to zero, before stepping from the other limb. The beginning, the command to turn the arch is the appearance of a support under the cuboid bone of the external supporting arch.

Figure 3

Thus, an overturning moment of forces, incomprehensible to orthopedists, arises. Another reason for the overturning of the inner arch is the difference in leg lengths that each person has. The calcaneus of a long limb is always inclined to the inside, from which the internal arch, which rests on the tubercle of the subtalar joint, overturns and turns inward.

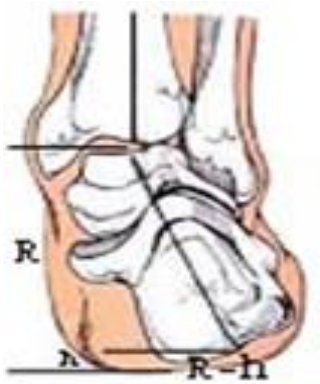

Figure 4

A similar overturning of the arch occurs when walking with the toes turned outward. The arch is in a stable position only when the body's General Center of Gravity (GCG) is projected into the CG of this support triangle of the foot.

Figure 5

By unfolding the feet, the GCG of the body goes beyond the support area and the vault falls to the ground. This results in overpronation of the feet. Considering the foot as a support of the skeleton, one should understand what function its arches perform, whether we correctly assess their role in providing support, shock-absorbing, pushing and, finally, pumping functions.

Figure 6

Philosophers say that humanity develops on its mistakes. Over the past 50-60 years, the errors of specialists have been reflected in the deformities of the feet and spine, which is expressed in 98%. I can't understand why there are dissertations today on determining the center of gravity of the supporting triangle of the feet.

Figure 7

After all, this is elementary ignorance of the laws of geometry, mechanics, which are studied in high school and have been known for more than 2000 years? And such a specialist was awarded the title of Doctor of Medical Sciences. It seems that the age of general illiteracy has come. How to explain the fact that on the shelves of stores there are more than 85-95% of shoes in which the points of support do not correspond to the points of support of the arches of the feet. The deformations of the arches are followed by disturbances in the biomechanics of walking, lymph and blood circulation. Today, in children 2-4 years old, the deformations have become stable. Up to 60-80% of children, to one degree or another, have valgus feet. Without understanding that footprints cannot be taken in a sitting or lying position, without taking into account the difference in leg lengths and the position of the body's BCT, without bringing the arches to a neutral position, it means not to stop the further development of deformations of the musculoskeletal frame of the body and, at the same

time, disturbances in work organism. You should know that the functional correction of the musculoskeletal frame of the body is the basis of the therapy of a self-regulating system.

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