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Gusyev Valentyn *

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Mini Review Article

causes of disturbances in the functioning of the self-regulatory organism

Gusyev Valentyn*

President, Member of Pedorthic Association of Canada.

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

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Abstract

The foot is a unique engineering creation of nature, which combines many functions. This is not only the ability to give the body a stable vertical position when walking along a curved surface by adapting to it, but also to exchange energy information with the environment.

Keywords: skeleton; orthopedists; heart

Summary

The foot is a unique engineering creation of nature, which combines many functions. This is not only the ability to give the body a stable vertical position when walking along a curved surface by adapting to it, but also to exchange energy information with the environment. And of course, this is the most important pumping function of the most powerful lymphatic and venous-muscular pumps of the body. Disturbances in their work are associated with deformations of the arches, not knowing how to correct them, which affects the position of the overlying joints and spine. These deviations are associated with the work of the central nervous system, unconditioned reflexes inherent in nature, the action of which, regardless of our consciousness, displaces the joints of the skeleton to keep the body in balance, maintaining continuous muscle contraction - the rise of lymph and blood to the heart.

By changing the alignment of the bones in the arches of the feet, it acquires the property of elasticity, adapting well to the profile of an uneven surface, or turning into a rigid structure when walking on the toes or performing jumps. All these functional changes are associated with the concepts of the fundamentals of theoretical mechanics, which studies various types of machines and mechanisms, in particular, cam mechanisms such as skeletal joints. When a doctor says that he is a biomechanism, and therefore the key word is mechanic, it turns out that he not only does not understand the theory of the construction of mechanisms, but also cannot understand the anatomy of the construction of the arches of the feet and their functionality. I have not seen any information in the medical literature about which arches of the feet are supporting and what their function is. What is the mechanism of formation of flat feet and what is the function of the internal longitudinal arch. You will not find an explanation of what deformation is. You will be given names based on the skeletal area where they are observed. But none of the orthopedists will say that they arose depending on the direction and magnitude of forces applied to the bones of the joints, which the muscles cannot compensate for. That the load is determined by the position of the

General Center of Gravity of the body relative to the Center of Gravity of the area of the support triangle of the feet.

It is formed by three points of supporting arches: external and transverse. For schoolchildren in grades 7-8, this is an understandable truth. It is not clear to the doctor that the chair has four legs, but only rests on three. They also don't know where the CG of the triangle is located. That the correction of the arches of the fleet consists of bringing them to a neutral position, that this is only possible by compensating the load (body weight) directed from top to bottom with equal forces directed from bottom to top.

These are Pascal's forces that mechanics know about. This is the hydrostatic method when standing on the diaphragms of communicating vessels you observe that scoliosis disappears, that blood circulation in the body is normalized, not a symptom of disease. This is the reaction of the self-regulating body to the correct correction of the arches of the feet. This means that the system has eliminated functional shortening in the joints of the entire skeleton, after which a specialist can measure and compensate for the anatomical difference in the lengths of the limbs. That is why orthopedists, not possessing the entire amount of knowledge of mechanics, carrying out subjectively far-fetched correction of the feet, doctors led to such a rapid increase in the number of people with deformities of the feet and spine, and to associated disturbances in the functioning of the body. And doctors also do not understand this relationship.

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