

## An Epidemic That Doctors Don't Talk About

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### Clinical Image

Today, more than 90% of the population of developed countries in America and Europe need orthopedic correction of the feet and spine. This situation requires a revision of the existing methods of diagnosis and correction of the musculoskeletal skeleton. Only by sorting out the mistakes that have been made can one stop the epidemic of the development of deformities in the structures of the musculoskeletal skeleton of the body, with which violations in the functioning of the internal organs are connected (Figure 1).

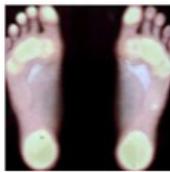


It should be noted that the term "flat feet" does not reflect the real cause of the lowering and deformation of one or another set. Raising the lowered arch, the specialist demonstrates ignorance of the kinematics of the movement of the elements of the skeleton. The fact that these deformations are the result of the interaction of forces arising from the displacement of the Common Center of Gravity (GTC) of the body, which cannot compensate for skeletal muscles. These two main forces are not taken into account in the correction of the feet (Figure 2). The body RCT is located at the lumbar level, and the specialist is prescribed to work up to the level of the knee joint. That is why they cannot eliminate the deformities of the feet and above the underlying skeletal structures, including the spine.

There are two types of feet, the positions of the arches. Flatfoot is the foot, the anchoring of which is located in the lower conditionally neutral position. This is judged by the size of the lumen under the inner arch. The size of the lumen under the top of the inner water indicates the ability of the foot to dampen the rate of damping the speed of the transfer of the foot when it is placed on the ground (Figure 3). It should be and under it you cannot bring support, lifting it with an insole. A similar mistake is made by specialists in hyperpronation of the vault. The height of the arch is determined by the state of the reference external arch, which is not diagnosed or corrected by specialists. The reasons for its deformation lie in improperly made shoes, the supporting points of which do not correspond to the position of the skeleton support points of the feet. People with classical flat-footedness, like 60 years ago, there are only 9-19%.



Another, the most widespread type of deformities of the feet, are high-elevated feet, which are called hollow. The muscles of these feet are in hypertonia. They are strong, poorly relaxed and hold the skeleton in the up position. More than 65% of people fall into this category. The cause of hypertonicity of the muscles has always been explained by the birth injury of the central nervous system (Figure 4). Both types of muscles were not considered a disease, but they require different approaches to restore their contractile pumping function. Despite such a difference in the properties of muscles, the methods of manufacturing insoles, the correction of the skeleton are no different among themselves. Moreover, the inability of weak muscles to effectively absorb, absorb the load is only compounded by a rigid insole that supports the inner arch, which is unacceptable for feet with any type of muscle.



For each type of foot muscles, there are characteristic gaits and corresponding deformations. If, with weak muscles, a person walks with the feet turned upside down and the heels turn around, the limb shortens and scoliosis develops. With hypertonia, the muscles of the foot are usually held in parallel. In such stops, the time-consuming depreciation phase is absent and these people run quickly, but for short distances (Figure 5).



The factors contributing to the development of deformations are numerous and they all reflect the purely individual, biomechanical and physiological characteristics of a person. That is why there are no two identical people and, accordingly, deformations. Today they are already beginning to understand that the incorrect correction of the arches of the feet, the spine supports can cause a number of diseases of the internal organs. For this reason, the task was set to improve the methods for correcting the feet and higher lying skeletal structures, creating equipment for lifting the skeleton to a neutral position, taking into account the position of the body OCT; availability of functional and anatomical differences in leg lengths.

All of this was successfully solved by Valentin Gusev in the methods and equipment developed by him for hydrostatic correction of the feet and spine in the upright position of the body. His work allowed to solve the main problem of physiology. This restoration of the pumping function of the muscles, which was manifested in the normalization of the work of the internal organs, the disappearance

of the symptoms of diseases. All this indicates the dominant role of the muscles in the body. Where the work of the internal organs is aimed at maintaining the functionality of the muscles responsible for the metabolism of all cells in the body. All this formed the basis of the concept of functional correction of the feet, with which any therapy should begin.

The effectiveness of such an approach when working with a self-regulating system, which is our body, allows us to judge numerous patient reviews, testing the effect of podokorrektory on the work of internal organs, which is observed in 100% of cases of functional correction.