



Clinical and Experimental Orthopedics

Postural Disorders and How to Eliminate Them

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Abstract

Each person has a spinal curvature, but not everyone knows this. Medicine has still not figured out what is the reason leading to its deformations. He does not know what and where to look, to eliminate what to direct his actions. The presence of deformations in the structures of the skeleton is indicated by pain, which for some reason is perceived as a disease. It also occurs when the bones of the skeleton are displaced from a neutral position, when one of the paired muscles is very stretched, as they say, spasm. This disrupts the pumping function of the muscles, the influx of fresh oxygenated blood. It is not clear why, depending on the area of manifestation of pain, the disease is called differently. Instead of eliminating deformation, the root causes of muscle spasm, anabolic are used. The inflammatory process develops, but there is no pain signal, and such actions are called treatment. Physiology says that skeletal muscles are responsible for the nutrition of cells, it is they who supply oxygen-rich blood to the cells. But nobody is engaged in restoration of pumping function of muscles. For this reason, not a single disease is treated. One must understand that the term deformation; not included in the category of "diseases". This terminology is from the field of mechanics, a specialist in biomechanics, who understands what a load is, a moment of forces under the influence of which displacements in the joints arise. The reason for the curvature of the spine is related to the state of its support, which each individual has a difference in leg lengths. This determines the position of the pelvic bones with which the sacrum mates, the hard part of the spine (Figure 1,2). Depending on its position, there will be a tilt and formation of curvature of the spine and the corresponding areas of muscle spasms and pain. The presence of Scoliotic posture is also a problem of displacement of the first disk of the cervical Atlanta, with which brain injuries should be associated, as indicated by the presence of a large number of hyperactive children. So, with a slight difference in leg lengths of 3-6 mm, the spine shifts in the lumbar toward the long limb, so an S-shaped scoliosis is formed. With a greater difference in lengths, the spine bends to a short limb, and we see a C-shape. This form is difficult to diagnose, since the spine has a smooth arc of curvature. Before I developed a device for measuring the difference in leg lengths, C-shaped spines were practically not diagnosed. Standing on the floor, when compensatory displacements in the joints have already formed over the entire height of the skeleton, it is impossible to visually determine and bring all the skeleton structures to a neutral stable position. Standing on the diaphragms of the communicating vessels of the hydraulic system, the difference in the lengths of the legs is compensated and the General Center of Gravity (GCG) of the body is reduced to the vertical axis of the skeleton (Figure 3). In this position, all the joints of the skeleton are brought into a neutral position, the body becomes stable. Thus, the pumping function of skeletal muscles is restored, nutrition is normalized, and cell metabolism. This is clearly seen when testing the state of the body in a standing position on the floor and standing on the diaphragms of the hydraulic system, insoles of sub-correctors, when the spine is in a vertical position. So the answer was found, why children using insoles stop getting sick, why people leave the symptomatology of diseases that has plagued them for many years. All of the above indicates that the main reason for the formation of scoliotic posture is that each person has a difference in leg lengths. This is not adiabatic scoliosis, but doctors's ignorance of the biomechanics section. Violation of the pumping function of muscles is the reason for the violation of cell metabolism, changes in their structures, loss of functionality.

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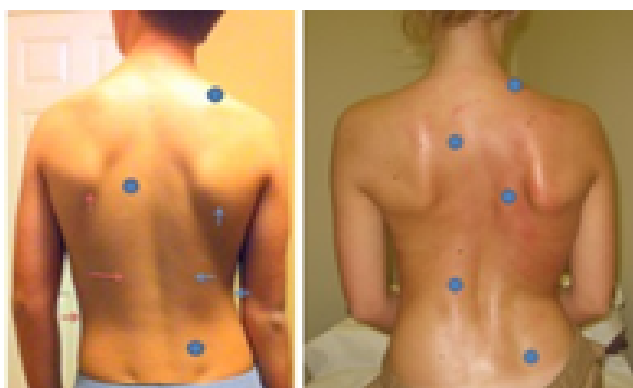


Figure 1: Curvature of the spine



Figure 2: S-shaped scoliosis

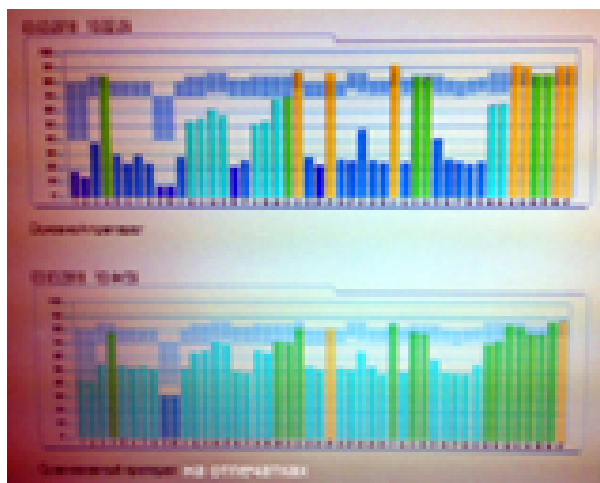


Figure 3: Device for measuring the difference in leg lengths