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Guest Editorial

The Cause of Scoliotic Posture

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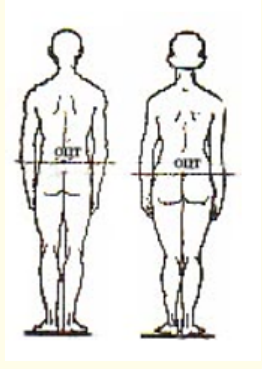
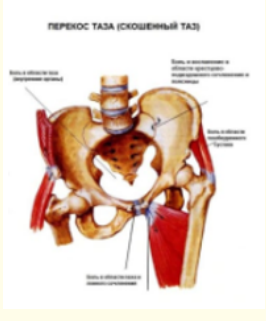
It is believed in the world that orthopedic insoles do not correct foot deformities, that scoliosis cannot be treated. Correction is carried out by various specialists, sometimes entering into a dispute, which of them should make insoles, and who should correct the spine. Deformations of the musculoskeletal structures of the feet are these result of the action of forces - the reduced General Center of Gravity of the body located at the level of the lumbar spine, discs L4-L5. In women, it lies 2 cm lower than in men. The displacement of the GCG to that or the other side is observed depending on the location of the sacroiliac joints, which is associated with the anatomical and functional difference in leg lengths that each of us has. This difference is the root cause due to which there are disturbances in the work of the venous-muscular pumps of the body, the deterioration of the processes of cell metabolism, which manifests itself through the curvature of the spine and in the symptoms of diseases. If the curvature of the spine is associated with maintaining the stability of the body, bringing the head to an upright position, then the negative moment of this process manifests itself in a violation of the processes of self-regulation in the body. Medicine still cannot determine that it is impossible to treat a self-regulating system, that the process of its restoration consists in eliminating deformations in the structures of the skeleton. But medicine still says that the reasons for the formation of scoliosis have not been clarified and are idiopathic in nature, scoliosis is not cured. It is believed in the world that orthopedic insoles do not correct foot deformities, that scoliosis cannot be treated. Correction is carried out by various specialists, sometimes entering into a dispute, which of them should make insoles, and who should correct the spine. Deformations of the musculoskeletal structures of the feet are the result of the action of forces - the reduced General Center of Gravity of the body located at the level of the lumbar spine, discs L4-L5. In women, it lies 2 cm lower than in men. The displacement of the GCG to that or the other side is observed depending on the location of the sacroiliac joints, which is associated with the anatomical and functional difference in leg lengths that each of us has. This difference is the root cause due to which there are disturbances in the work of the venous-muscular pumps of the body, the deterioration of the processes of cell metabolism, which manifests itself through the curvature of the spine and in the symptoms of diseases. If the curvature of the spine is associated with maintaining the stability of the body, bringing the head to an upright position, then the negative moment of this process manifests itself in a violation of the processes of self-regulation in the body. Medicine still cannot determine that it is impossible to treat a self-regulating system, that the process of its restoration consists in eliminating deformations in the structures of the skeleton. But medicine still says that the reasons for the formation of scoliosis have not been clarified and are idiopathic in nature, scoliosis is not cured.

The fact that the mutual position of the bones of the feet and the spine are in a kinematic relationship with each other is in no way taken into account by medicine when correcting the feet and the spine. The doctor does not think about the fact that the pumping function of skeletal muscles and human health depend on the correct correction of the musculoskeletal frame of the body. Physiology also indicates this, but all this is not taken into account in therapy. It is not clear who determined which specialist should work with certain structures of the skeleton. So, the foot correction specialist works only up to the level of the ankle joint. At the same time, they forgot about the mass of the legs, which contains 75% of the blood and 80% of the muscles of the body. The legs are the connecting link that transmits the load to the arches of the feet and we see a difference in the deformation of the arches of the feet. On the other hand, the position of the pelvic bones, the iliac joints on which the spine rests, is related to the length of the legs. According to the theory of probability, no two things are alike in nature, and each of us has a difference in the lengths of the legs. Today, this difference has begun to exceed values of 1 - 2.5 cm. This is facilitated by a lack of understanding of the role of swaddling babies in the first month after birth, which is no longer done today. It should be aimed at fixing the position of the hip and knee joints, bringing the heels of the legs to one level. This is why most children today have a large anatomical difference in leg lengths. For this reason, there are displacements of the bones in the joints, or as they say deformities, in which the limb is functionally shortened. These shortenings are associated with deformities of the arches of the feet, with the rotation of the bones in the ankle and knee joints, in the hip joint.

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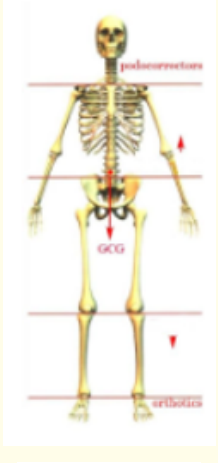
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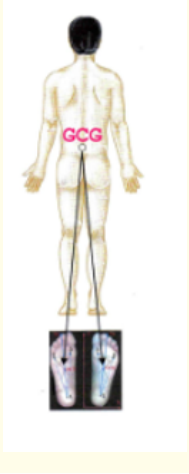
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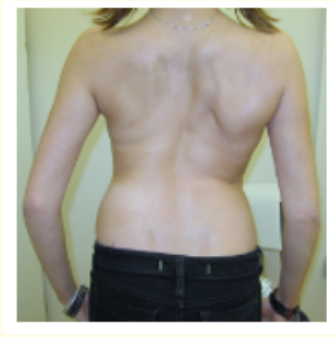

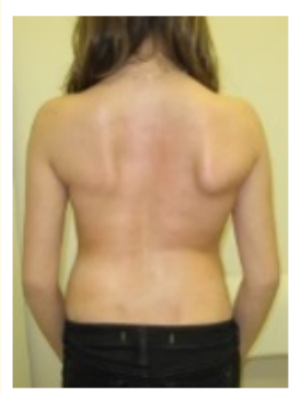

In such a situation, it is difficult to determine this value, to remove the displacement on the spine. If you bring the GCG of the body to the CG of the support triangle, balance the load, then, after becoming on the diaphragms of the communicating vessels of the hydrostatic installation, all the above displacements disappear, all joints are aligned along the vertical axis of the body and the muscles perform their natural oscillatory movements. It takes two to five visits to eliminate such complex deformities, during which the overstretched cells of the back muscles are relaxed. After muscle relaxation, already standing on the communicating vessels of the hydraulic system, the anatomical difference in leg lengths is compensated. The body GCG is reduced to the CG of the support triangle of the feet. All this is difficult for a doctor to understand, but not for an architect or mechanic. Doctors still take foot prints while sitting or lying down and do not understand that this should only be done while standing. This moves the muscles of the feet and the entire skeleton to a neutral position. It turns out that all this can be solved if you know the laws of physics and mechanics, the laws of hydrostatics and communicating vessels. Such equipment and the techniques I developed made it possible to actually correct the spine in a few weeks. After that, only you can go in for sports, dance, strengthen your posture.

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