

Children are Born Healthy

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Remember, babies are born healthy. Deformities of the feet, legs, spine, and with it the metabolic disorders of the body cells and the work of the internal organs appear later, from ignorance of what and how the baby's legs should be swaddled, and the use of incorrectly made shoes. Injuries that are detected in children in the first days after birth are the result of a misalignment of the birth opening of the mother, which occurs due to a misalignment of the pelvis with the difference in leg length. This is a key point in determining the inclination of the spine sacrum. From how the spine will bend under the action of a rigid spinal-cerebral tube, the second end of which is connected to the bones of the skull. This affects their movement and the movement of brain fluid. This is how humanity is faced with the problems of disruption of the brain, which today manifests itself in the hyper activity of children. Elimination of muscle cramps during childbirth, fixation of the position of the hip joints, was usually performed by doctors in the first days after the baby was born. Later, the resulting deformations are already the result of our ignorance of how to swaddle what shoes should be, how to walk and organize the workplace of the child to practice, how to do daily massages and develop the coordination of body movements, hands, build-up of muscle mass. Walking on the fingers or impaired speech, all this is a chain of one problem, referred to as: - a skewed pelvis, an existing difference in leg lengths.

Figure 1

As soon as the child began to walk, it is necessary to pay attention to the position of the feet, heels, and the nature of the walk. Often parents do not notice, and sometimes do not attach importance to the position of the heels, the formation of child habits in the wrong way to stand. This is often the reason for the end of a successful sports career. Many do not understand how foot deformities depend on the quality of shoes and how shoes, the height of heels affects the lymph and blood circulation in the body. Shoes, like the skeleton of the feet should have the same three points of support. In case of inconsistency, this will lead to deformation of the arches, and therefore to functional shortening of the limb. Scoliosis, the cause of which for some reason is not clear for medicine, is a consequence of the difference in the length of the limbs, the skew of the pelvic bones. All this turns into health problems, which are further aggravated when treating a self-regulating system with the use of various drugs. All diseases begin with a violation of cell metabolism, for which skeletal muscles are responsible and that is disturbed by deformations of the musculoskeletal system of the body! But today they are bringing a firm support under the internal arch of feet, thereby depriving it of the ability to amortize. Physiology regards movement as a mechanism for delivering blood up to the heart. The muscles of the feet, hips and abdomen are responsible for this. By limiting the mobility of the feet with stiff shoes and insoles, we disrupt these processes.

Figure 2

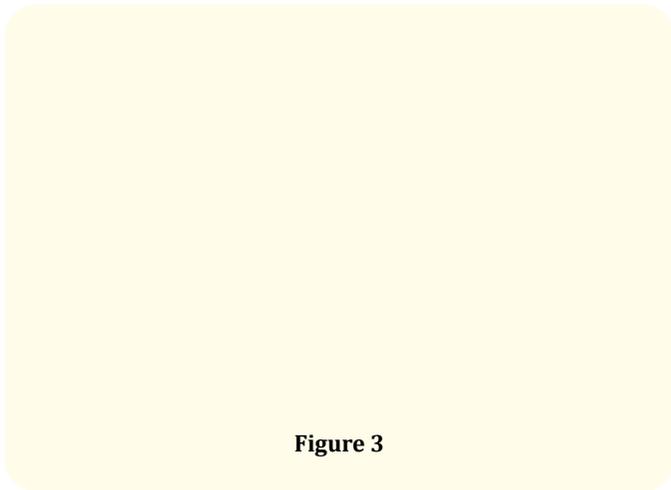


Figure 3

Sport develops a muscular frame, it promotes growth: muscle mitochondria, oxygen content in the blood, improves metabolic processes in the body, which is extremely important in the period of human development. In pursuit of sporting results, the desire to present the results of their work to their parents, coaches often forget about the main thing: the harmonious development of the child. Girls come to us who have chosen such a beautiful sport as rhythmic gymnastics, ballet, but they had a scoliotic posture with improper training. Good to engage in various sports.

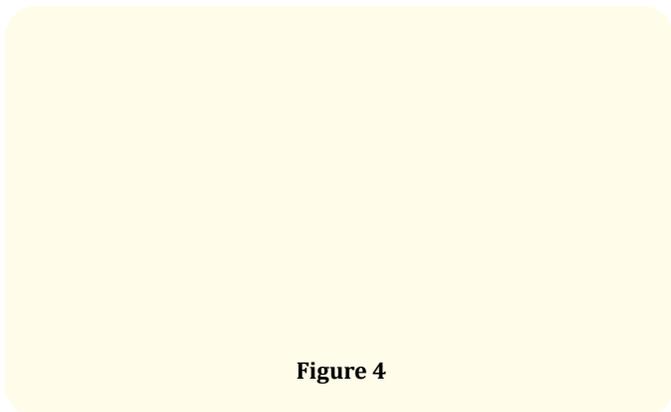


Figure 4

By nature, man must walk on the natural surface of the earth: sand, soil, grass. Older people who ran barefoot in childhood do not have such difficult orthopedic problems that are often seen today in schoolchildren. They in their old years do not have the same health problems that are already observed in children.

Not everyone understands that walking should be, keeping the feet parallel, rolling from heel to toes and pushing them. The heel height of the shoe is determined individually on a hydrostatic installation, when the musculoskeletal frame of the feet is placed in a balanced neutral position, when the difference in leg length is compensated. This can be done only in our center.

The deformations themselves do not disappear. However, to correct deformities of the feet and scoliosis is possible, if a comprehensive approach to solving the problem. For the correction of the musculoskeletal skeleton, it is necessary to carry out a set of measures for relaxation, restoration of the functionality of the muscles, removal of that memory - tone, which they acquired and keep the skeleton in a deformed position. It is necessary to be able to correctly determine the functional and anatomical shortening of the legs, which is observed in all people. It is always useful to show the child to a specialist who is well versed in the issues of muscle physiology and walking biomechanics. When they are not able to eliminate the deformities of the feet, fingers, or spine, they resort to surgical intervention. To raise a healthy child is a difficult, everyday and hourly work. To understand all these questions will help you in our center.

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