

FLAT FEET

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Abstract:

Flat feet is a change in the shape of the paw, which is expressed by a decrease in its longitudinal and transverse arc. Transverse and longitudinal flat feet are distinguished, there is a possibility that both forms can be observed together.

Together with other deformities of the foot, transverse flat feet make up 55.23% of cases, and longitudinal flat feet make up 29.3% of cases.

Complete information about flat feet

SYMPTOMS AND SIGNS OF FLAT FEET

Pain in the legs, knees, hips and back;

Abnormal gait and stature;

It is easier to stoop than to squat; difficulty maintaining balance while sitting.

"Heavy" walk.

Clumsiness when walking.

Deformation of the feet (flat feet, disproportionate length of toes, crookedness, "bone" in the big toe or gout (hallux valgus), extreme width of the foot), deformation of the knee joints, disproportionate development of the leg muscles.

Flat feet cause ingrown toenails.

CAUSES OF FLAT FEET

Often, flat feet is acquired, but mainly it develops against the background of congenital deficiency of connective tissue, tenderness. Such a leg is often called "aristocratic".

Flat feet are 4 times more common in women than in men due to their thinner bones. One of the negative factors contributing to the development of this pathology is improperly made shoes. As a result of wearing shoes with high heels and narrow toes, the load falls on the heads of the bones of the feet instead of the entire foot, resulting in the development of flat feet.



Shoes with a heel no higher than 4 cm are considered "healthy". Unfortunately, many factories produce shoes without following the recommendations of podiatrists.

It is necessary to constantly stimulate the muscles and ligaments for the proper formation of the arch of the foot. Stimulators can be hard grass, stones, sand, and soil (if you walk on them with bare feet).

Parquet, laminate and other hard coverings, as well as shoes with hard soles, are considered aggressive for the feet, in which the muscles of the feet do not work. Everyone knows that muscles that do not work atrophy. The space pioneers were unable to walk when they returned to their native Earth (due to the prolonged effects of zero gravity). After that, it was accepted that muscles and tendons should be stretched in space with the help of trainers.

In this way, the arches of the paws, which have not been loaded, become lazy and weak: a person acquires flat feet until the end of his life. However, two years ago, the young man went to a doctor and said that he wanted to become an officer like his father, but could not pass the medical commission because of flat feet. After eight months of hard work on leg muscles and ligaments, he became a cadet of a higher military institution.

According to the literature, 65% or more children remain flat feet until school age. If it is taken into account that the majority of the population does not consult a doctor and there are no qualified podiatrists, many people do not start treating this pathology. Therefore, more than 65% of children go to adulthood with flat feet, and later (in old age) - this causes foot pain and swelling.

Wearing someone else's shoes also makes the disease worse. Many worn shoes distribute the load on the feet incorrectly. Therefore, when we give the shoes that we have tried on to others, we can unknowingly cause damage. Children's shoes should have a small heel, hard back and spring supinator - with special "stones" and "bumps" under the feet.

Adults often have static flat feet, which is associated with excessive load on the feet. The main reason for this is, first of all, excess weight. People whose professions require standing for a long time - hairdressers, salesmen, machine operators - also get this disease. These people are at high risk of developing flat feet, just like a surgeon who spends hours in front of the operating table.



TYPES OF FLAT FOOT

In transverse flat feet, the transverse arch of the foot is flattened, its front part rests on the heads of all five metatarsal bones, the length of the foot is a fan-shaped spread of the metatarsal bones, the first toe is turned outward, and the middle toe is reduced due to hammer-shaped deformation. In longitudinal flat feet, the longitudinal arch of the foot is flattened and the foot touches the ground with almost the entire surface of the paw, and the length of the foot increases.

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