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## Studying the Negative Effects of Flat Feet on the Organism

**Rasulova Nilufar, Xolmuradova Arofat, Fayzullaeva Gulnoza**

Tashkent Pediatric Medical Institute

### ABSTRACT

The study of flat feet is relevant task since by turning to statistics you can see rapid increase in the number of patients with this disease, because flat feet is a serious disease especially the last stages, which can lead to difficult-to-correct consequences need to be known as much as possible about this disease. Taking this into account, it is necessary to pay attention to the prevention of flat feet. As a result, the elastic function of the heel-palm is disturbed, and the following symptoms occur: when such a person stands for a long time, walks more, runs, carries a heavy load, pain occurs in the heel-paw and calf muscles. flat feet also causes curvature of the spine and pelvic bones and deformity. One of them is flat feet. It is one of the most common diseases of musculoskeletal system. In flat feet, the surface of the heel-palm (domed part) expands, the level of the foot (deep) part decreases, and sometimes the dome part of the entire surface of the foot is bent and remains flat.

**KEYWORDS:** Negative, effects, flat, feet, system, organism.

**Relevance.** The lower part of the human heel-palm is an important part of the locomotor system. According to its structural features, it is adapted to perform the function of a spring of the body. Big a number of diseases included in this group are associated with various pathologies of the musculoskeletal system, since they cause enormous changes in the human skeleton, and some of them even affect the entire body, ranging from physical deformity and a decrease in the quality of life ending with deformations of internal organs and their damage. The pathology described above fits perfectly into the category described above. flat feet. It is precisely because of its destructive consequences that the relevance of its study is not subsides both among foreign and domestic researchers. There are many experiments aimed at studying the effects of different treatment approaches. Despite the fact that medicine has made huge strides forward in treatment, diagnosis and prevention of a large number of different diseases, but nevertheless an even greater number diseases, deviations and pathologies require detailed consideration. Sufficient a number of human health-related illnesses are considered incurable. Various pathological diseases occur in the legs as a result of wrong actions and heavy lifting. One of them is flat feet. It is one of the most common diseases of musculoskeletal system. In flat feet, the surface of the heel-palm (domed part) expands, the level of the foot (deep) part decreases, and sometimes the dome part of the entire surface of the foot is bent and remains flat. As a result, the elastic function of the heel-palm is disturbed, and

the following symptoms occur: when such a person stands for a long time, walks more, runs, carries a heavy load, pain occurs in the heel-paw and calf muscles, flat feet also causes curvature of the spine and pelvic bones and deformity. Taking this into account, it is necessary to pay attention to the prevention of flat feet.

**The purpose of scientific research.** To gain an understanding of flat feet, to study its types, effects on the body, the causes of its origin, to develop recommendations for preventing flat feet in children and reducing the risk of acquired flat feet.

**Materials and styles.** A review of the literature on flat feet was studied and the disease was analyzed from a hygienic point of view.

**Results.** Flat feet is a change in the shape of the paw, which is expressed by a decrease in its longitudinal and transverse arch. Flat feet has many negative consequences. When such a person stands for a long time, when he walks more, when he runs, when he carries a heavy load, pain occurs in the muscles of the heel-palm and calf of his leg, swelling of the heel is observed in the evening, he walks unnaturally, sits it becomes difficult to maintain balance, deformation of paws, deformation of knee joints, disproportionate development of leg muscles occurs. Flat feet can also cause curvature of the spine and pelvis, stunted growth, and ingrown toenails. Flat feet can be congenital or acquired. Often flat feet are acquired. Flat feet are more common in women than in men because their bones are thinner. The causes of flat feet after birth are as follows:

- Walking the child from a very young age (8-10 months) and keeping him on his feet for a long time stand up;
- Putting soft shoes without heels on a young child;
- Pupils should wear sports shoes without heels all day (sport shoes only must be worn during training);
- Shoes with a heel higher than 4 cm, narrow on three sides, and wide on the back wear;
- Heavy lifting can also cause flat feet.

As a result of flat feet, during walking and standing for a long time, fatigue of the legs is observed, and a feeling of discomfort and pain appears in the legs, and in some cases, swelling of the legs is observed in the evening. To prevent flat feet, don't wear wrong shoes, do more sports, especially swimming, as well as walking barefoot on small stones, sand, grass in the summer, eat foods rich in vitamins (especially vitamin D). 'need to eat more.

**Conclusions.** According to the test results, flat feet causes many negative consequences in the body. Flat feet affects not only the appearance, but also the physiological processes in the human body. Taking into account the development of flat feet from childhood, it is important to pay attention to the shoes they wear, do not wear tight shoes, do not lift heavy loads, eat properly, pay attention to your behavior, do sports shoes should not be worn for more than 45 minutes. It is very important for a growing organism. Based on the experiment, it can be assumed that flat feet are negative affects not only the muscular-ligamentous apparatus, but also the nerves, which can be seriously injured and stop performing their function, which can aggravate the course of the disease.

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