



Physiological features of flat feet and its effect on athletes

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The startup's goal: to study the physiological features of flat feet, to determine its effect on the biomechanics of movements, balance and athletic performance of athletes, as well as to provide effective methods and means for the prevention and correction of flat feet.



Objectives: Scientific analysis of anatomical and physiological features of flat feet. Determination of the prevalence of flat feet among athletes of various sports. The study of the effect of flat feet on running, jumping and movement efficiency (according to biomechanical indicators).

Novelty :

Currently, incorrect foot formation in athletes has a negative effect on coordination of movements, balance and performance. Maytaban increases the risk of injury and can lead to decreased professional athletic performance. Scientific study of this problem will help to develop sports medicine and preserve the health of athletes.

Expected results:

Scientifically proven data on the effect of maytaban on athletic performance have been obtained; a technique or innovative device (for example, "Smart Foot") has been developed for the early detection and correction of Maytaban; A system of guidelines and recommendations for athletes and coaches will be prepared; scientific research in the field of sports medicine and biomechanics will be contributed.



What is flatfoot anatomical concept and types?

1. Low flat feet
2. High flat feet

Causes of flat feet and risk factors

The main reasons

Genetic predisposition, injury, preload.

Risk factors

Developmental disorders in adolescents, overweight, improper shoes.

Methods of diagnosis and assessment of flat feet

1. Clinical examination
Assessment of foot shape and range of motion.
2. Pedoscopy
Diagnosis by examining the footprint.
3. X-ray and ultrasound
Face-to-face determination of internal structure.

Ways to treat flat feet athletes have

1. Choosing the right shoes
The use of special orthopedic soles.
2. Physiotherapy to strengthen muscles and improve movements.
3. Surgical intervention
A solution for those whose condition is difficult.

