

Physiological characteristics of flat feet and its effect on athletes

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

Objectives: to scientifically analyze the anatomical and physiological features of Maytabanism. Maytaban among athletes of different sports, determining the frequency of distribution. The study of the effect of flat feet on the effectiveness of running, jumping and movement (using biomechanical indicators).

Novelty: Currently, incorrect foot formation in athletes has a negative effect on coordination of movements, balance and performance. The risk of getting a Maytaban injury to a professional athlete may be the reason for the decrease in performance. Scientific study of this problem will help to develop sports medicine and preserve the health of athletes.

Expected results: Scientific evidence has been obtained on the impact of flat feet on athletic performance; a technique or innovative device (for example, "Smart Foot") has been developed for early detection and correction of flat feet;

A system of guidelines and recommendations for athletes and coaches will be prepared; sports medicine will contribute to scientific research in the field of biomechanics.

What is flatfoot: anatomical understanding and types

1. Low maitaban (flat feet)
2. High maytaban

Causes of maytaban development and risk factors

The main reasons

Genetic inheritance, injury, exhaustion.

Risk factors

Developmental disorders in adolescents, overweight, improper shoes.

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
Precise definition of internal structures.

Methods of treatment of maytaban in athletes

1. Choosing the right shoes
The use of special orthopedic soles.
2. Physical Therapy
Strengthen muscles and improve movements.
3. surgical intervention
A solution for those who have a difficult situation.