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Short Communication

Walking on Toes

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Abstract

The results of scientists from the University of Milan allowed us to take a fresh look at the basics of the physiology of the brain and nervous system. They found that neurological health largely depends on nerve impulses from the muscles of the legs to the brain. With proper walking, nerve impulses are sent to the brain, which are vital for the production of healthy nerve cells.

Keywords: walking; toes; nerve impulses; physical activity; brain; blood; metabolism

Summary

The results of scientists from the University of Milan allowed us to take a fresh look at the basics of the physiology of the brain and nervous system. They found that neurological health largely depends on nerve impulses from the muscles of the legs to the brain. With proper walking, nerve impulses are sent to the brain, which are vital for the production of healthy nerve cells.

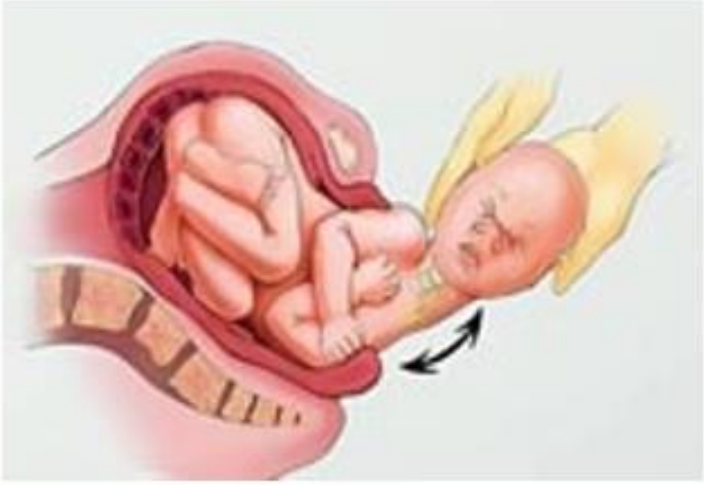

Figure 1

Insufficient physical activity interferes with the restoration of brain tissue. A low level of physical activity leads to a decrease in the level of oxygen in the body, which affects the activity of mitochondria, which determine the content of glucose in the blood, metabolism. Today, one of the most complex neurological disorders that began to be diagnosed 50 years ago is toe walking. The reason was explained as a birth injury of the brain, when, during childbirth, when removing a baby, they first turn their head, and then they do not know how to put it correctly on the first cervical vertebra of Atlanta.

Figure 2

Another reason is the curvature of the birth opening of the mother, which is associated with a skewed pelvis due to the difference in leg lengths. Today, for many, it exceeds 1 cm. Young mothers do not know that swaddling is performed to fix the hip joints, when the heels, folds under the knees and buttocks are located in the same way. Today, pelvic tilt and scoliotic posture, hyperactivity in children have become a mass problem, the treatment of which is already being carried out with medications. The difference in the length of the legs is the root cause of the development of all diseases of the body, the beginning of which begins with the asymmetry of the musculoskeletal frame of the body, with a deterioration in the pumping function of the muscles. Asymmetry in the tone of the paired muscles that lower and raise the foot is a violation at the level of the medulla oblongata. As practice shows, this gait stabilizes upon reaching 4-10 years of age. But those experts who talk about the relationship between the biomechanics of walking are right - the sequence of muscle contraction on the development of the brain.

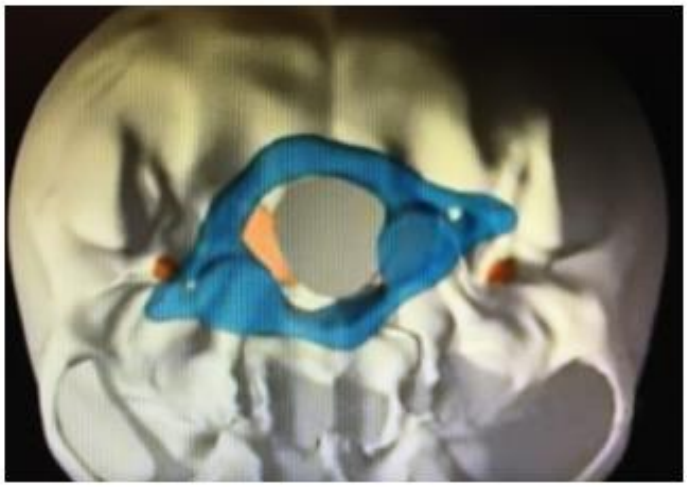

Figure 3

However, pundits do not know how to normalize gait. But doctor osteopath Andrushko V.L. correctly identified the essence of the problem and showed the relationship between injury at the level of the first cervical spine and leg muscle tone. He expressed the need to balance the tone of paired muscles in the foot system. You will not find such an understanding among specialists involved in the correction of the feet, spine and other joints of the skeleton, their actions are not aimed at bringing the bones of the joints to a neutral position, which is the restoration of nutrition for the cells of the body. Developing methods and equipment for the production of individual unloading orthopedic insoles for diabetic patients with foot angiopathy, the task of normalizing blood circulation in the extremities was put in the first place. The effect of hydrostatic correction of the feet appeared almost instantly. The question of the need to amputate the legs is no longer an issue after 1-2 weeks of walking on podocorrectors.

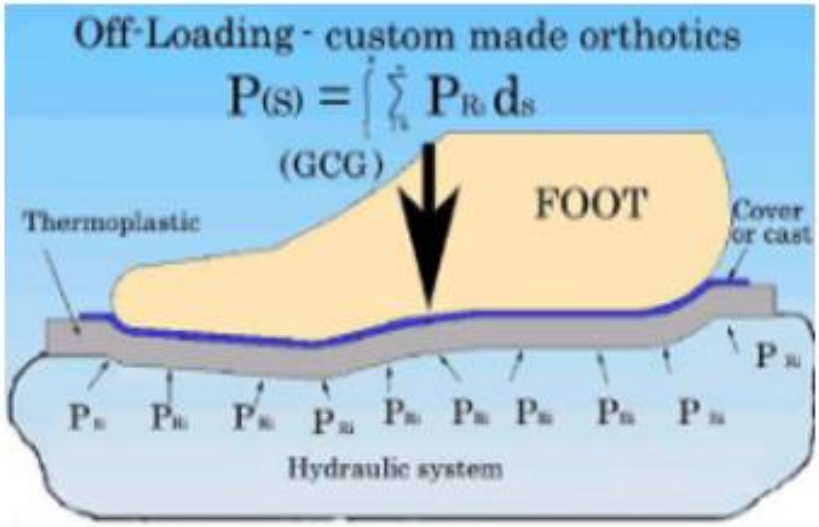

Figure 4

Similar effects are observed in almost all cases of using insoles: with swelling of the legs, cold feet and swollen veins, with heartburn and walking on toes. All these are problems of the same origin, requiring the removal of the muscles of the feet in a neutral position. This is what happens when standing on the diaphragms of the communicating vessels of the hydraulic system, when the pressure on the foot, directed from top to bottom, is balanced by Pascal forces and the body is in a suspended state with a compensated anatomical difference in leg lengths. Having stood on the unloading insoles, the child immediately walks correctly. This means that the child's brain will recover quickly, develop normally. Proper walking is the foundation of a healthy body.

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