

# REVIEW OF THE METHOD OF SYSTEMIC BODY MOBILIZATION WITH THE FOOT AND A BRIEF DESCRIPTION OF THE SPECIFIC RESULTS OF THE THIRD AGE GROUP (60+ YEARS) PROCEDURES, IN THE CORRECTION OF THE LOCOMOTOR SYSTEM

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## Abstract

There is a lack of information among specialists in physical medicine and sport about the role of a new technology complementary to manual medicine, the foot mobilization system method (FSBM). The scientific and clinical research revealed two variants of plastic correction of the locomotor system with the foot which help to restore the biomechanical deviations in the musculo-skeletal system when the posture and movement regulation system is changed or disturbed.

**Aim.** To carry out a historical and scientific-methodological review of the method of systemic body mobilization with the foot (FSBM), providing a brief assessment of the results of locomotor system correction in the third age group.

**Material and methods.** The historical review of FSBM was based on archaeological, literary-historical, folklore-empirical, and contemporary research data. Scientific research was conducted on 460 male and female patients, of different occupations, over a period of 40 years, in different geographic zones and ethnicities. The procedures were based on the techniques of I, II and III orders in the second age group (60 + years), the first (up to 13 years) and the second (13-60 years) age groups were not submitted to the analysis. The method of influence provided use of classical techniques in canonical and paradoxical directions of the chosen approaches. The sessions lasted between 40-70 minutes, daily, for 15 days, taking into account weight, gender, and chronic diseases.

**Results and discussion.** The brief historical background of the FSBM method is based on scientific and clinical researches, of which I stage of development is empirical (till 1981, historically in all peoples in folklore-exotic form) and II stage is scientific (since 1981, Amerkhanov R.R.). Correction of locomotor system, with the help of developed technique of "passive training" proved to be positive, with an optimum of 15 procedures. Canonical movements were directed from the periphery to the center, solving the problems of strengthening the mechanism of venous and lymphatic return, contributing to the elimination of stagnation and edema in the tissues, increasing the drainage function. Paradoxically directed (from the center to the periphery) movements affected the mechanisms of vascular tone regulation, activating arterial blood circulation, "training" the valve apparatus of venous and lymphatic vessels, positively influencing the microcirculatory vascular bed of the musculoskeletal system. Analysis of studies has shown that the method of systemic body mobilization by foot (FSBM) has a significant, peculiarly-individual inimitable specificity, with deep relaxation ability.

**Conclusion.** The FSBM method is a coherent, historically established and physiologically grounded system. The ability of FSBM to deeply penetrate and thoroughly treat all levels of organization creates conditions for the body to return to its coordinating function. First-order techniques, by accelerating blood and lymph flow in the superficial fascial layer, restore the "soft skeleton", which contributes to the formation of the normal constitutional body shape. Methods of II and III orders release the vessels and nerves of the muscular-fascial areas that find themselves in a state of "tunnel effect". Activation of elastin fibers and contractile (smooth muscle type) cells of fascial layers restores physiological properties of muscular-skeletal tissues. Normalization of the complex of physiological processes of the whole body promotes symmetrical coordination and synchronization of muscle tone, elasticity of tendons, ligaments, joints and return of functional ability to the mechanisms that strengthen the whole locomotor system, increasing the quality and duration of human life.

**Keywords:** systemic foot body mobilization method (FSBM), canonical and paradoxical movement directions, techniques of I, II and III orders, locomotor system.