

Methods of determining degrees of scoliosis.

Inomov Fakhridin Ormonjonovich.

Teacher of Kokan State Pedagogical Institute, Uzbekistan.

faxriddininomov72@gmail.com

Annotation: Scoliosis is a disease characterized by lateral curvature of the spine, which is usually congenital or acquired during life.

Key words; Scoliosis, flat feet, skin somatoscopic symptoms, muscle development.

Introduction: Scoliosis is a disease accompanied by a tilt of the spine to the sides, which is usually congenital or acquired in the process of life.

Factors causing scoliosis:

1) a bag that hangs on one side of the shoulder for a child going to 1st grade. The child's bones have not yet completely hardened. As a result of always hanging a bag on one side, there is a tilt of the body bones in this direction;

2) that the child does not sit properly on the chair while preparing a lesson at home and that the table-chairs do not correspond to the age of the child ;

3) that the child bends or tilts his head when he walks freely;

4) when a child suffers from rickets, there is a curvature of the spine caused by a lack of calcium in the bones;

5) due to forcing children to carry heavy loads;

6) when using spring beds;

7) as a result of young children putting pillows around them and forcing them to sit down, a bending position appears on the delicate spine, which is not yet ready for this;

8) as a result of the lack of calcium-retaining food in the diet ration, the strength of the bones is impaired. This also causes scoliosis disease to occur.

Basic clamp:

1.If the spine is completely straightened as a result of the tension of the back muscles while standing with the two palms of the Examiner behind the head, this is an indication of the first level of scoliosis.If scoliosis is maintained even when the muscles are tense, this is called the second degree of scoliosis.

2.If, even when hanging by hand on a Swedish wall or tourniquet, the curvature of the spine is maintained without adjustment, this is called the third degree of scoliosis.

Somatoscopic signs of the skin: in the norm, the skin is assessed as smooth, with good tension. Separately, it is prescribed rashes on the skin, purulent wounds, wound residues, scars, hives-wheals, relaxation of tension. The moisture content of the skin can be assessed as dry or wet.

Subcutaneous fat layer. To determine, the Examiner uses two fingers or a coliper to record how many centimeters thick the Examiner is when he folds his skin in the area below his abdomen, buttocks, buttocks. In the norm, this fold should be 2-3 cm. If less than that the Examiner is lean, if more-is fat. The fat layer is assessed as low, medium and thick. The strong development of the fat



layer leads to an overabundance of a person's weight, a decrease in the functional capabilities of the body. This condition is often associated with the disease.

Muscle development, sensitivity, structure and tone are checked. Basically, the development of the muscles of the chest, shoulder-wrist, thigh-calf is noticeable. If the muscles are thick, creamy, tense, any bulge and diverge from each other, the muscles are assessed as well developed. If the muscles are small in size, relaxed, they do not bulge apart, the development of the muscles is assessed as weak.

In the external examination of the musculoskeletal apparatus, attention is paid to the state of the bones, the amplitude of the tendons and joints in active and passive movements.

The Shape of the chest is determined by the shape and location of the ribs, spine, mesh, shovel bones, spine. In athletes and in the norm, The Shape of the chest becomes cylindrical, conical, flattened. In pathological cases – paralytic, rachitic, emphysematous (bochkasiman), asymmetric.

Abdominal shape-in athletes, the abdomen will be slightly pulled. The Shape of the abdomen depends on the muscle press and the fat layer.

Attention is paid to The Shape of the foot: in a normal position, the command “stand upright” is assigned to the inner surface of the thighs of both legs, knee and calf-heel joints touching each other.

” X ” simon foot – the knee joints touch each other when both feet are standing, the heel joints are long. The inner side of the heels in the form of ” O ” -shaped legs will touch each other, and the knees will be far from each other.

Such disorders of The Shape of the legs occur as a result of curvature of the bones of the legs, especially the bones of the calf.

To determine and assess the degree of violation of The Shape of the legs, the gaps between the legs are measured using a centimeter tape or liner.

- ”X ” simon foot-shaped man in the standing position of the pole, the width of the gap between the inner lovers of both legs is measured;

- In a situation where a person with an ” O ” shaped leg is standing on a pole, the width of the gap between the knee joints is measured, that is, the gap between the lower bulging parts of the right and left thigh bones.

This is due to the slow development of muscles in children and adolescents to the development of both forms, the fact that large physical loads are given that do not correspond to the bones and muscles of the yohud foot, rickets due to a lack of vitamin D.

When examining the soles of the feet, the palm of the feet can be normal, flattened and flat.

The heel-palm surface of a person's foot is considered an important part of the musculoskeletal system and is adapted to perform the function of a resor of the body according to the features of the structure. More than half of the surface of a properly developed leg palm is more groove-shaped, less than half is dome-shaped. Such a structure of it provides a fold distribution of body mass to the heel and palm parts of the foot.

The fact that a person has a normal structure of the surface of the heel-palm of the foot, together with the cartilage between the joints of the feet and the vertebrae, performs the function of an amartisator, a rectory, protects his internal organs, back and head brain from twitching when walking, running, jumping.

In flatness, the dome part of the heel-palm surface expands, and the level of the groove (deep) part decreases. And sometimes almost all levels of the heel-palm surface of the foot are occupied by the dome part, and the surface of the heel-Palm remains flat. As a result, the resistive function of the heel-palm is disrupted.

Causes of flattery:

1. Congenital causes.

2. Acquired in life: disorders in the development of bones due to rickets in childhood, walking in shoes without heels (such as slippers, keda, krassovka) for a long time;

The following signs are observed in a flatter person:

- a flatter person cannot keep his body straight for a long time while standing, because his legs get tired quickly, pain appears in the heel-palm area, in the calf muscles;
- a flatter man walks with his legs wide apart, his hands to the side, fluttering;
- when a flatter person walks more, the calf muscles quickly get tired, tighten, scratch, hurt;
- a flattened person cannot run fast, when he jumps, his legs cannot maintain body balance and fall as a result of his inability to support body weight;
- when a flattened person is standing, when walking, his body weight falls more on the heel-the inner side of the palm. Therefore, by tilting the shoe to the inside, it quickly becomes unusable. Flattery makes it difficult to play sports, because, in this case, long-distance walking is often accompanied by pain. If there is no pain, it is allowed to play sports only when using special Correctional exercises. Those who are engaged in athletics, sports games are advised to wear shoes with supinators.

Used literature:

1. Gaziyeva Z.YU., Nurmuhamedov K.A. Sport tibbiyotidan ma'ruzalar to'plami. Toshkent, O'zDJTI Nashriyoti 2012, 158b.
2. Juraev Voxidjon Muhammedovich,. "Psychological Foundations of Willpower in the Formation of Competition Motivation in Athletes." Central asian journal of literature, philosophy and culture 3.11 (2022): 315-318.
3. Arabboyev Qakhramon Tohirjonovich. (2022). ADAPTATION OF ATHLETE STUDENTS TO STUDENT LIFE. INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact Factor: 7.429, 11(11), 272–276. Retrieved from
4. Rozmatov, I. E. "BOSQUE THROWERS SPORT MANY YEARS OF WORK PROCEDURE FOR PLANNING.(On the example of athletes aged 14-16)." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.10 (2022): 354-359.

5. Makhmudovich, Gofurov Abdushokir, Irmatov Shavkat Anvarovich, and Inomov Fahridin O'rmonovich. "DEVELOPMENT OF PHYSICAL ACTIVITY OF STUDENTS BASED ON PHYSICAL EDUCATION AND SPORTS CLASSES." *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429 11.11 (2022): 135-141.
6. Muratova, G. R. "Introduction of Credit-Module Technology in the Process of Education of Students in the Discipline of "Physical Education"." *Middle European Scientific Bulletin* 22 (2022): 261-264.
7. Arabboyev, Q. T. "SPORTCHILARNI TAYYORLASHDA FUNKSIONAL TAYYORGARLIKNING AHAMIYATI: 10.53885/edinres. 2022.75. 29.012 QT Arabboyev." Научно-практическая конференция. 2022.
8. Juraev Voxidjon Muhammedovich,. "Psychological Features of Competitive Motivation of Athletes." *Central asian journal of literature, philosophy and culture* 3.11 (2022): 312-314.
9. Рахимов, Шермат Мирзарахимович, Икром Акрамжонович Якубжанов, and Ферузахон Исмоиловна Якубжанова. "НЕКОТОРЫЕ ПРОБЛЕМЫ В УЧАСТИИ МЕСТНЫХ ЖЕНЩИН УЗБЕКИСТАНА В СПОРТЕ.
10. Hoximurodova M. K. Q. TALABALAR OMMAVIY SOG 'LOMLASHTIRISH MASHG 'ULOTLARIDA CHINIQTIRISH ORQALI ULAR SALOMATLIGINI MUSTAHKAMLASH METODIKASI //Scientific progress. – 2021. – Т. 2. – №. 6. – С. 49-51.
11. Ro'zmatov, Islomjon Erqoziyevich. "BOSQON ULOQTIRISH MASHG'ULOTLARIDA MAXSUS MASHQLARNI AHAMIYATI." *YOUTH, SCIENCE, EDUCATION: TOPICAL ISSUES, ACHIEVEMENTS AND INNOVATIONS* 1.7 (2022): 10-16.
12. Nazirzhonovich, Khatamov Zafarjon, and Akhmedova Nargiza Alidzhanovna. "THE IMPORTANCE OF TRAVEL AND TOURISM IN THE FORMATION OF A HEALTHY LIFESTYLE DANANG PRIMARY SCHOOL STUDENTS." *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429 11.11 (2022): 75-80.
13. Хамракулов, З. Й. (2022). Хуқуқшунослик фанларини ўқитишда замонавий таълим технологияларидан фойдаланиш. *Pedagog*, 1(3), 314-318.
14. Хамракулов, З. Й. (2022). Хуқуқшунослик фанларини ўқитишда замонавий таълим технологияларидан фойдаланиш. *Pedagog*, 1(3), 314-318.
15. Khamrakulov, Z. (2022). PROBLEMS OF INCREASING LEGAL INFORMATION AND LEGAL LITERACY OF YOUTH. *Models and methods in modern science*, 1(16), 4-7.
16. Egamberdiyeva, T. U. A., & Qurbonov, J. A. (2020). Diagnostics of formation and development of intellectual culture among students. *Scientific Bulletin of Namangan State University*, 2(4), 512-519.
17. Akmaljonovich, K. J. (2019). The necessity of developing intellectual culture of students by the subject of philosophy. *European Journal of Research and Reflection in Educational Sciences* Vol, 7(12).
18. Qurbonov, J. A. (2019). Social-pedagogical content of intellectually cultural pointh. *Scientific Bulletin of Namangan State University*, 1(5), 437-442.
19. Akmaljonovich, K. J. (2021). The Content and Essence of the Concept of "Intellectual Culture". *European Journal of Humanities and Educational Advancements*, 2(5), 15-18.

20. Akmaljonovich, K. J. (2022). Role Of Philosophy Education In Forming Intellectual Culture In Future Teachers. *Journal of Positive School Psychology*, 6(11), 1366-1371.
21. Акмалжонович, Қ. Ж. (2020). ТАЛАБАЛАР ИНТЕЛЛЕКТУАЛ МАДАНИЯТИНИ РИВОЖЛАНТИРИШДА ФАЛСАФА ФАНИНИ ЎҚИТИШНИНГ ПЕДАГОГИК ЖИХАТЛАРИ. *Современное образование (Узбекистан)*, (6 (91)), 42-49.
22. Акмалжонович, Қ. Ж. (2019). Талабалар интеллектуал маданиятини ривожлантиришнинг фалсафий-педагогик жиҳатлари. *Современное образование (Узбекистан)*, (10 (83)), 3-9.
23. Akmaljonovich, K. J. (2022). Objective and Subjective Socio-Pedagogical Factors for the Formation of Intellectual Culture in Future Teachers. *American Journal of Social and Humanitarian Research*, 3(12), 148-151.
24. Юлдашева, М. М. (2017). Жамиятда ёшларнинг турли иллатлардан асрашнинг самарали йўллари. *Молодой ученый*, (4-2), 59-60.
25. Юлдашева, М. М., & Каршиева, Ш. В. (2017). Ёшларимизнинг маънавий-ғоявий шаклланишида интернетнинг роли. *Молодой ученый*, (4-2), 58-59.
26. Юлдашева, М. М. (2017). Мамлакатимизда ижтимоий-иқтисодий ва демократик ислохотларнинг амалга оширида миллий ғоя ва миллий тафаккурнинг ўрни. *Молодой ученый*, (4-2), 56-58.
27. Юлдашева, М. М., & Тобилов, О. К. (2016). РОЛЬ СМИ В ЖИЗНИ ОБЩЕСТВА. *Ученый XXI века*, 29.
28. Юлдашева, М. М., & Тобилов, О. К. (2016). СЕМЬЯ И ИДЕОЛОГИЧЕСКАЯ ДИСЦИПЛИНА ПОВЫШЕНИЯ ЭФФЕКТИВНОСТИ СИСТЕМЫ ОБРАЗОВАНИЯ. *Ученый XXI века*, 17.
29. Юлдашева, М. М., & Аъзамов, Б. М. (2016). Бузғунчи ва вайронкор ғоялар ва уларнинг характерли хусусиятлар. *Молодой ученый*, (3-1), 63-64.
30. Юлдашева, М. М., & Каршиева, Ш. В. (2016). Ёшларнинг маънавий-мафкуравий хуружларнинг объектига айланиб қолиши сабаб. *Молодой ученый*, (3-1), 64-65.
31. Юлдашева, М. М., & Рузиматов, У. С. (2015). РОЛЬ МОЛОДЁЖИ В ФОРМИРОВАНИИ СИСТЕМЫ ИДЕОЛОГИЧЕСКОГО ИММУНИТЕТА. *Ученый XXI века*, (12).
32. Urinboyev, D. (2019). Thoughts About Stratagema Of Western And Eastern Thinkers. *Scientific Bulletin of Namangan State University*, 1(4), 147-151.
33. Bakhtiyorovich, U. D. (2022). Features of the manifestation of strategems and the relationship between them. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW ISSN: 2319-2836 Impact Factor: 7.603*, 11(11), 96-100.
34. Bakhtiyorovich, U. D. (2022). IMPROVEMENT OF THE SYSTEM OF NATIONAL STRATEGIES IN THE PROCESS OF REFORMS IN THE SPIRITUAL AND EDUCATIONAL SPHERE OF THE UPDATED UZBEKISTAN. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429*, 11(05), 99-102.
35. Baratbayev, B. B. (2021). Structural Directions Of Modern Concepts Of National Development Models Of Uzbekistan And Russia. *The American Journal of Political Science Law and Criminology*, 3(01), 15-20.

36. Ravshanov, F., & Baratbaev, B. (2021). Structural Directions of National Development Models of Uzbekistan and Russia. *INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH AND ANALYSIS*, 4(01), 64-67.
37. Baratbaev, B. B. (2020). STAGES OF DEVELOPMENT OF NATIONAL MODELS OF DEVELOPMENT OF UZBEKISTAN AND RUSSIA. *Journal of Central Asian Social Studies*, 1(02), 21-32.
38. Баратбаев, Б. (2020). METHODS OF FORMATION OF MODELS OF NATIONAL DEVELOPMENT IN UZBEKISTAN AND RUSSIA. *МЕЖДУНАРОДНЫЙ ЖУРНАЛ КОНСЕРВУС*, 1(4).
39. Baratbaev, B. (2020). PROCESSES OF ORGANIZING NATIONAL DEVELOPMENT IN THE CONDITIONS OF THE INDEPENDENT REPUBLIC OF UZBEKISTAN AND THE RUSSIAN FEDERATION. *East European Scientific Journal*, 2(11 (63)), 10-13.
40. Баратбаев, Б. (2021). Россия тараққийёт моделини амалга тадбиқ этиш сиёсати ва унинг натижалари. *Общество и инновации*, 2(1/S), 194-202.
41. Баратбаев, Б. (2021). Политика реализации модели развития России и ее результаты. *Общество и инновации*, 2(1/S), 194-202.
42. Davronovich, M. A. (2022). HUMAN PHENOMENON IN THE DEVELOPMENT OF NEW UZBEKISTAN. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW ISSN: 2319-2836 Impact Factor: 7.603*, 11(11), 40-42.
43. Davronovich, M. A. (2022). PHILOSOPHY OF THE CONCEPT OF HAPPINESS IN UZBEK AND ENGLISH. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW ISSN: 2319-2836 Impact Factor: 7.603*, 11(11), 37-39.
44. Davronovich, M. A. (2022). PHILOSOPHICAL VIEWS OF RENE DEKART IN THE WORK "THE FIRST PHILOSOPHY". *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429*, 11(06), 176-180.
45. Azizjon, M. (2022). COVERAGE OF ISSUES OF RAISING THE SPIRITUALITY OF A PERSON IN THE PHILOSOPHICAL VIEWS OF ABU MANSUR MOTORIDI. *Yosh Tadqiqotchi Jurnali*, 1(5), 422-428.
46. Davronovich, M. A., & Kholmirezayevich, M. I. (2020). THE DEVELOPMENT OF SMALL BUSINESS AND ITS SOCIO-ECONOMIC AFFECTS. *MODERN VIEWS AND RESEARCH*, 33.
47. Усмонов, Э. М. (2022). Интернет оламининг укучилар онгига таъсир қилишининг педагогик-психологик асослари. *SIYOSATSHUNOSLIK, HUQUQ VA XALQARO MUNOSABATLAR JURNALI*, 1(6), 58-60.
48. Усмонов, Э. М., & Мўйдиновна, Қ. Ю. (2018). Девиант хулқ-атворли ўсмирлар билан педагогик фаолият олиб боришда ўқитувчи мулоқот маданиятининг ўрни. *Современное образование (Узбекистан)*, (1), 4-11.
49. КУШБАЕВ, Ф. К. (2016). Роль конфуцианства в истории Китая. In *МОЛОДЕЖЬ И СИСТЕМНАЯ МОДЕРНИЗАЦИЯ СТРАНЫ* (pp. 251-254).
50. Kushbayev, F. (2018). The social, economic and religious life of the city of Mecca before islam. *The Light of Islam*, 2018(4), 3-7.
51. Kushbayev, F. (2020). THE CONCEPT OF RISALAT AND ITS HISTORICAL, POLITICAL AND IDEOLOGICAL ROLE. *The Light of Islam*, 2020(3), 86-92.