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Prevention and treatment of hallux valgus deviation of the proximal leg of students under 15 years

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Aims: Research and studies show that, physical transformation and abnormalities of teenagers and students are hastily. These transformations which usually are not intense, but, by passing time and continuous growth of muscles and bones can cause irreparable problems in the body structure and never is returnable to initial state. Obviously, common abnormalities of leg, hallux and valgus or deviation of big toe outward and placing of it on the middle finger and in hard situations deviates under second toe. Creation of redundant bones in the internal place of big toe which are between metatarsal and the proximal and by growing bones can cause intensive discomforts while wearing shoes, and finally decreasing of person activity are complications of this situation. Mentioned situation can be controlled at earlier steps by appropriate actions, but at advanced steps and continuous growing of muscles and bones, it has to go under surgery.

Materials & Methods: In the current study, at first empirically and by using observation method to investigate hallux and valgus of leg, applied 35 student (29 female and 6 male), among 12-14 ages of different levels. In the beginning, obtained information by using form about description from arrival time of students to school, which parents filled in, that investigated and questioned motional behaviors –sitting style- sleeping way and also appearance of their shoes to identify outbreak duration and manner of big toe deviation partly, then x-ray photo were taken from leg of 2 male students and 3 female students to determine deviation amount of thumb phalangeal proximal joint toward second finger phalangeal distal.

Findings: In the experimental group after consistent training programs by significant decreasing, observed deviation amount of hallux valgus degrees. Also teenagers who are exposed to more training and experience of basic motor skills and corrective exercises, and since they are in the maturity age, significantly positive changes were seen in the big toe angles.

Discussion & Conclusion: According to obtained results, supposed that doing corrective exercises due to improving this abnormality, continuously in around area of the leg of big toe for recovery of this deviation to initial state will have a great impact. So sport teachers in recognition and treatment of this abnormality in schools can play a key role.

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