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Syndrome of standing at ease on the right leg as the influencing factor in the pathologies of right knee, hip and so-called idiopathic scoliosis (AIS) in two types

There are various causes of the pathology in locomotors system by congenital, connected with central nerve system, with bone necrosis, inflammations, overloading and others. These problems have been observed in more than 2500 patients of children, youth and adults coming to the department and to outpatient's clinic with pathology problems connected with the standing. All the patients had the habit of standing or mostly on the right leg. Explanation for the syndrome of standing at ease on the right leg by the authors describe the pathology concerning the knee, hip and spine due to the habit of standing at ease on the right leg. The first observations were made in Lublin in 1997. Standing on the right leg is connected with the syndrome of contractures and deformities according to Prof. Hans Mau from Tübingen, Germany. This syndrome in addition to various asymmetries and deformities, there is also the limitation of movement of right hip particularly the adduction in extension position of the joint. In the result children and adults have the habit of standing on the right leg because standing is more conformable, easy and not forced. The changes in right shank, knee and the right hip in many patients who have bigger Varus deformity of right shank, bigger valgus deformity in right knee have been observed which will result in instability of the knee. Consequently, it is the cause of serious pathology that is the arthrosis of knee joint and hip joint in older patients. Such pathology has been further discussed in lectures. Back pain and biomechanical etiology of the so-called idiopathic scoliosis and role of standing at ease on the right leg plays a very important role in the development of spine deformity. Standing and walking, are the main causes of the development of "S" scoliosis in 1st type of deformity according to Lublin classification two curves and gibbous on the right side of thorax. Only standing is the cause of "C" – 2nd/A type - one curve in and in "S" 2nd/B type - two curves of the spine deformity. In adults the permanent standing on the right leg is the cause of the degenerative scoliosis and back pain. By physiotherapy methods of kinesiotherapy and physical therapy of the knee, hip and spine have been presented in lectures.

Biography

Tomasz Karski studied at Medical University in Lublin and received medical doctor certificate in 1961. During the studies he was active for three years in Students Scientific Orthopaedic Association and later after graduation he was the Assistant Teacher for young student generation. In 1967 and next in 1971 he passed specializations degrees - first and second degree in Orthopaedic Surgery and Traumatology of movement apparatus. In 1993 he was awarded by full professor degree and title by President of Poland. Since 1st October 1995 to 2009 he was the Head of Chair and Department of Paediatric Orthopaedics and Rehabilitation of Medical University in Lublin/Poland, in the biggest Paediatric Hospital in Eastern Poland Region.

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