

Physiotherapeutic approach in treatment of flatfoot (pes planus) in children

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The foot is a complex structure of the human body whose importance in movement is underestimated until one of its components ceases to function properly. A common abnormality of the foot and ankle complex in children is a flatfoot (lat. pes planus). The flatfoot has two shapes: flexible and rigid flatfoot. In most children, deformity of the flexible flatfoot does not cause any clinical symptoms and therefore does not require treatment, but if the child has a symptomatic or rigid flatfoot, it should be carefully examined and treated appropriately. Since the types of flatfoot differ according to the way they deform and develop and the existence or non-existence of symptoms, it is very important to know how to properly and adequately treat each type of flatfoot. The aim of this paper is to provide an overview of the evidence on the treatment of flatfoot in children and to try to answer the question of what is the current evidence on the treatment of flatfoot in children. A review of the available literature concludes that despite the fact that there are numerous studies on different ways of treating flatfoot, the evidence is still incomplete and does not allow for firm conclusions to be drawn about a number of common approaches.

Keywords:

children; flatfoot; foot deformation; pes plano valgus; pes planus; treatment.

Biography

Nikolina Lazić, mag.physioth., graduated from the Faculty of Dental Medicine and Health Osijek 2019. She has been working at the Faculty of Dental Medicine and Health Osijek for many years, but since 2021 she has been working as an assistant at the Department of Clinical Medicine. Participates in the teaching of Physiotherapy in Orahovica in courses such as [Physiotherapy Skills](#), Physical Factors in Therapy and Clinical Practice.

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