




Clinical Condition	Flat feet (Pes Planus)
Eligibility	<p>Flattening of the medial longitudinal arch of the foot +/-Associated pain. Especially if: Unilateral Acquired (flattening of the arch in adulthood) Rigid (loss of normal hindfoot inversion/eversion) Bony swelling on the medial border of the foot</p>
Clinical photo	
Differential Diagnosis	<ol style="list-style-type: none"> 1. Posterior tibialis tendon dysfunction (PTTD) 2. Flexible flat foot 3. Midfoot arthritis 4. Tarsal coalition 5. Accessory navicular 6. Charcot foot 7. Inflammatory arthropathy eg Rheumatoid arthritis
Information required with referral	<p>Detail history of the deformity, pain and swelling Unilateral or Bilateral Acquired (adult) or developmental (childhood) Rigid or flexible hindfoot movement Progression of deformity (is it worsening?) Any treatment taken eg Orthotics Any previous surgeries Associated medical condition eg DM</p>
Investigation required for the diagnosis	<p>Full weight bearing foot x rays. USG to examine Tibialis Posterior tendon</p>
Pre-Referral management strategies (information required with referral)	<ol style="list-style-type: none"> a. Supportive footwear (usually lace up) +/- Orthotics with arch support b. Analgesia
Referral Criteria	<p>Continuous symptoms despite the non-operative management.</p>
Fact sheets	<p>http://www.footeducation.com/acquired-adult-flatfoot-deformity-posterior-tibial-tendon-dysfunction</p>