

Flat foot assessments

Flexible flat foot vs Fixed

Does the medial arch appear when the child rises onto their tip toes?

A child's foot will often appear flat or have a 'fallen arch' in standing. This is due to the immature bone, tendon, ligament and muscle development <8yrs.

When the weight of the child is placed on the foot in standing, this can often 'flatten' the arch.



By asking the child to rise onto the tip toes, this activates the muscles in the foot and the arch will often appear, or become more prominent, this means the foot is flexible and the muscles are working and should develop.



Does the medial arch appear when the child rises onto their tip toes?



Taking a picture and drawing a line from the heel of the foot to the ball of the foot, can often help you to identify the change in the foot posture as a child rises onto their toes. **Click on the link for a video which demonstrates this assessment**

Jacks Test – extending the big toe

In standing passively extend the big toe, if the arch develops or increases on this action then the foot is flexible.

Click on the link for a video which demonstrates this assessment

