

# Adult flat foot deformity

## INFORMATION

The majority of acquired adult flat foot is due to Tibialis posterior tendon dysfunction. The following advice is for this type of flat foot.

## FEATURES

- Gradual collapse of the arch, with increasing discomfort and pain, mainly on activity and standing.
- Deformity is initially flexible but later becomes fixed.
- Affects ADL quite significantly.

## EVIDENCE

- Early AAFD can be managed by orthotics and physiotherapy plus judicious use of anti-inflammatory medications.
- Advanced AFFD needs assessment especially in active individuals.

## INITIAL TREATMENT

- Weight reduction, control of diabetes.
- In early stages corrective orthotics to restore the arch.
- In later stages accommodative orthotics and surgical shoes.
- Physiotherapy to stretch the Tendo Achilles may be useful.

## FURTHER MANAGEMENT

A trial of the above for three months is reasonable, failing which refer to secondary care.

### Referral should only be made IF

- Patient understands that referral is likely to be for surgery
- Patient is fit to undergo surgery
- Patient understands that their operation will be carried out within 18 weeks and is able to commit to that timescale