

# Pes planus pdf

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Pes planus, commonly referred to as “flat feet,” is a relatively common foot deformity and is defined by the loss of the medial longitudinal arch of the foot where it contacts or nearly contacts the ground. A flat foot that moves freely without stiffness is a normal presentation in some children and adults and is due to an increase in flexibility of joints and ligaments. However, because flat feet can affect the body's alignment, the condition can eventually contribute to or exacerbate other foot problems. There can be a family history of this foot type and it tends to affect both feet equally. Flatfoot (pes planus) is common in infants and children and often resolves by adolescence. Thus, flatfoot is described as physiologic because it is usually flexible, painless, and of no functional consequence. Flat foot (pes planus) describes a reduction or absence of the medial longitudinal arch (MLA) of the foot, with or without additional deformities of the foot and ankle. Flat feet Pes planus, normally referred to as flat feet, is a common foot type variation that most people experience no pain or problems with. The objective of this thesis is to create an individual Adult acquired flatfoot deformity (AAFD) is a common disorder that typically affects middle-aged and elderly women, resulting in foot pain, malalignment, and loss of function. Flat foot (pes planus) describes a reduction or absence of the medial longitudinal arch (MLA) of the foot, with or without additional deformities of the foot and ankle. The Pes planus or flatfoot is defined as a condition in which the medial arch of the foot is diminished or absent, allowing the entire sole to touch the ground. However, because flat feet can affect the The aim of this thesis is to collect evidence-based knowledge about physio-therapy for patients/clients with pes planus. Flat feet are relatively common in childhood, affecting up to% of children. Pes planus, normally referred to as flat feet, is a common foot type variation that most people experience no pain or problems with.

 Difficulté **Moyen**

 Durée **578 minute(s)**

 Catégories **Électronique, Énergie, Bien-être & Santé, Machines & Outils, Jeux & Loisirs**

 Coût **179 USD (\$)**

## Sommaire

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Commentaires

Matériaux

Outils

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Étape 1 -

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