

Investigations And Conservative Treatment Of Adult Flatfoot

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There are various etiologies of adult flat foot including posterior tibial tendon dysfunction, trauma and autoimmune conditions. The purpose of investigations is to identify the root cause in order to develop a management plan for the patient.

Weight bearing X-rays showing the alignment of the bones and joints of the foot are crucial for assessing the patient but many other imaging modalities can depend our understanding of the patient's problem.

Conservative treatment is essentially the application of external measures to correct the alignment of the foot. Perhaps the most common example is the use of orthotics although there are other non-surgical methods that should also be considered. These measures do not usually bring about a permanent correction and the amount of correction may be limited. However, because of the low risk and cost involved, they may be the most acceptable choice depending on the patient's circumstances and expectations.