

Abstract

Title: Acquired flatfoot in adults

Background:

Flatfoot deformity is one of the common diagnoses in the orthopedic field and physiotherapy, its common in adults as acquired, there is still a large incidence of flatfoot in adolescence and many cases of adult flatfoot are frequently presented as residual pediatric flatfoot. The treatment also has wide field according to type of cause.

Aims:

The aim of this literature review was to enhance knowledge on the persistence of the acquired flatfoot condition in adult's population by determining the causes of flatfoot with contributing factors that affect the medial longitudinal arch and progression of the deformity, and review of the most common treatment.

Method:

An electronic database search was conducted to obtain articles from relevant journals (from early 1990 to end 2015). The information was collected also from textbooks.

Results:

Regarding the causes of acquired flatfoot in adult, a good base of evidence stems from a number of articles review, the posterior tibialis tendon dysfunction is the most cause of acquired flatfoot.

The sensory motor stimulation technique is not the most treatment used to treat acquired flatfoot in adults and the most used treatment is the surgical procedure.

Conclusion:

Regarding the causes of adults acquired flatfoot in our results and the evidence from a number of articles review, we found that the most common cause of the acquired flatfoot in adults is the posterior tibialis tendon dysfunction.

The surgical is more using than conservative treatment, and sensory motor stimulation technique is most using to treat flatfoot associated with dysfunction of plantar intrinsic muscles.

Keywords:

Acquired, Flatfoot, Longitudinal arch, Posterior tibialis tendon dysfunction, Intrinsic foot muscles, Conservative treatment and Sensory motor stimulation technique.