

# Pes Planus

## History

- How long has the Pes Planus been present?
- Do the clients feet tire easily or only with activity?
- Does pain occur when the client is standing for long periods...walking...running?
- What type of footwear does the client have?
- Do they wear orthotics?

## Visual Assessment

- Achillies tendon has a valgus orientation
- Internal tibial torsion is possible
- Valgus may occur at the knees
- Internal rotation may occur at the hip
- Medial arch is flattened
- Foot is pronated

## Specific tests

- functional or structural pes planus test
- Mortons neuroma
- Length test of gastrocnemius, soleus and peroneals

## Informed consent

## Treatment

- The treatment begins prone
- Effleurage, petrissage and *muscle stripping* of low back, gluteals and thighs
- Fascial techniques then effleurage, petrissage and *muscle stripping* on the gastrocnemius and peroneals and lateral border of the plantar surface
- *Trigger points* in peroneus longus and brevis
- *Frictions* on Achillies and peroneal tendon followed by ice and stretch
- \* *Passive relaxed dorsiflexion and inversion of the ankle* may be interspersed throughout the treatment.
- \* *PIR* used to lengthen peroneus longus, brevis and tertius
- Effleurage on the posterior leg and foot muscles
- Supine
- \* Further work to gastroc with the hip and knee flexed – wringing
- Stimulating Swedish massage is used for the overstretched tib ant, tib post, toe flexors and intrinsic foot muscles
- \* Joint play techniques on superior tib fib and ankle joint
- \* *Stretch* gastroc and soleus in supine
- Effleurage on the entire limb

### Post Treatment with Client

- Is the pain any better after the treatment
- Are you feeling dizzy at all?
- There may be some point tenderness. This can last 24-48 hours in some people.

### Homecare and Hydro

- Contrast foot baths are indicated after a lot of standing or activities that stress the feet
- Apply ice if there is inflammation which could happen
- Avoid activities that stress the foot and arch
- Should wear supportive footwear or consider orthotics
- Self massage to the leg, foot and ankle
- Stretch gastroc, soleus, and the peroneals