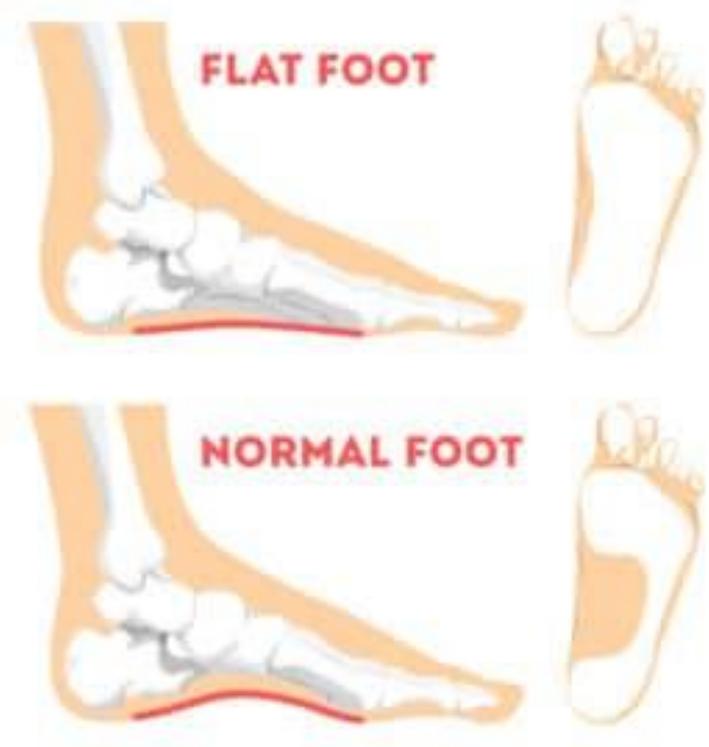


# "Anatomy of the foot arch and physiotherapy in the application of flat feet"

Agata Bazan

Prezentacja egzaminacyjna z przedmiotu: Język angielski specjalistyczny - 3 Rok Fizjoterapia JMN

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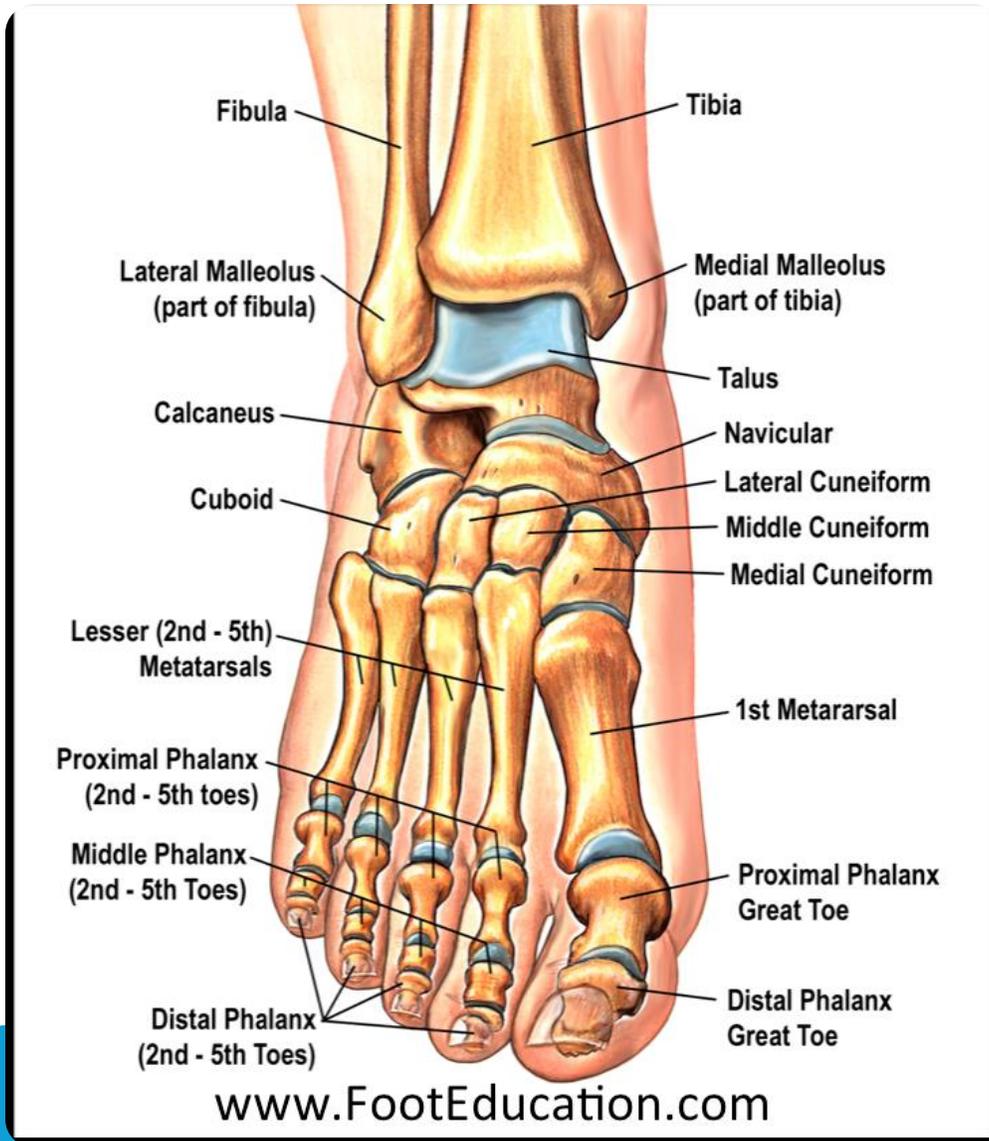


<https://seaviewortho.com/foot-and-ankle-orthopedics/flat-feet/>

# Structure of the Foot

- 26 bones
- 33 joints
- 100+ ligaments and muscles

*The foot is a complex structure combining stability and dynamic function.*



# Foot Arches

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Medial longitudinal arch

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Lateral longitudinal arch

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Transverse arch

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Functions of the Arches :

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Stabilization

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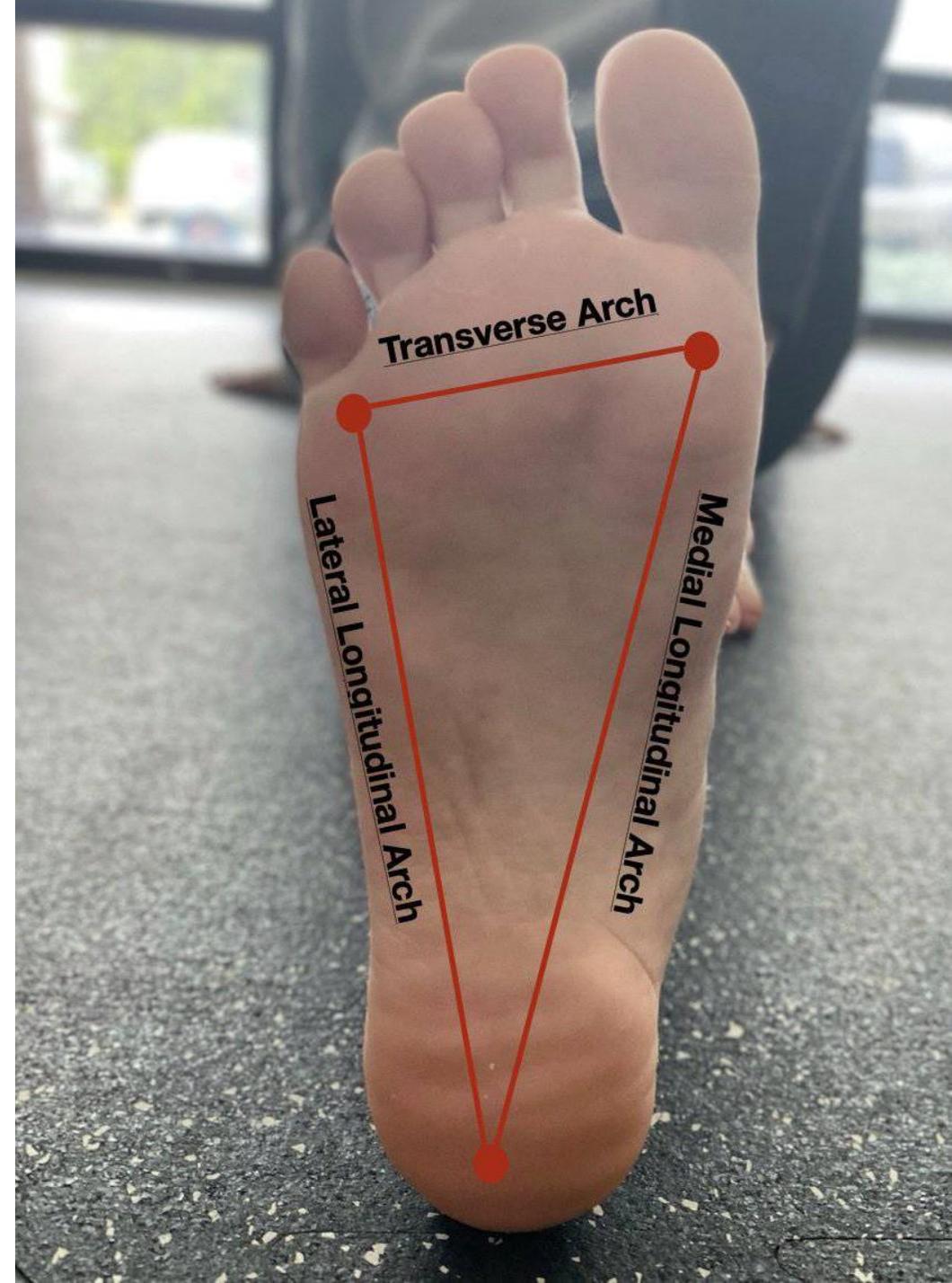
Efficient locomotion

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Shock absorption

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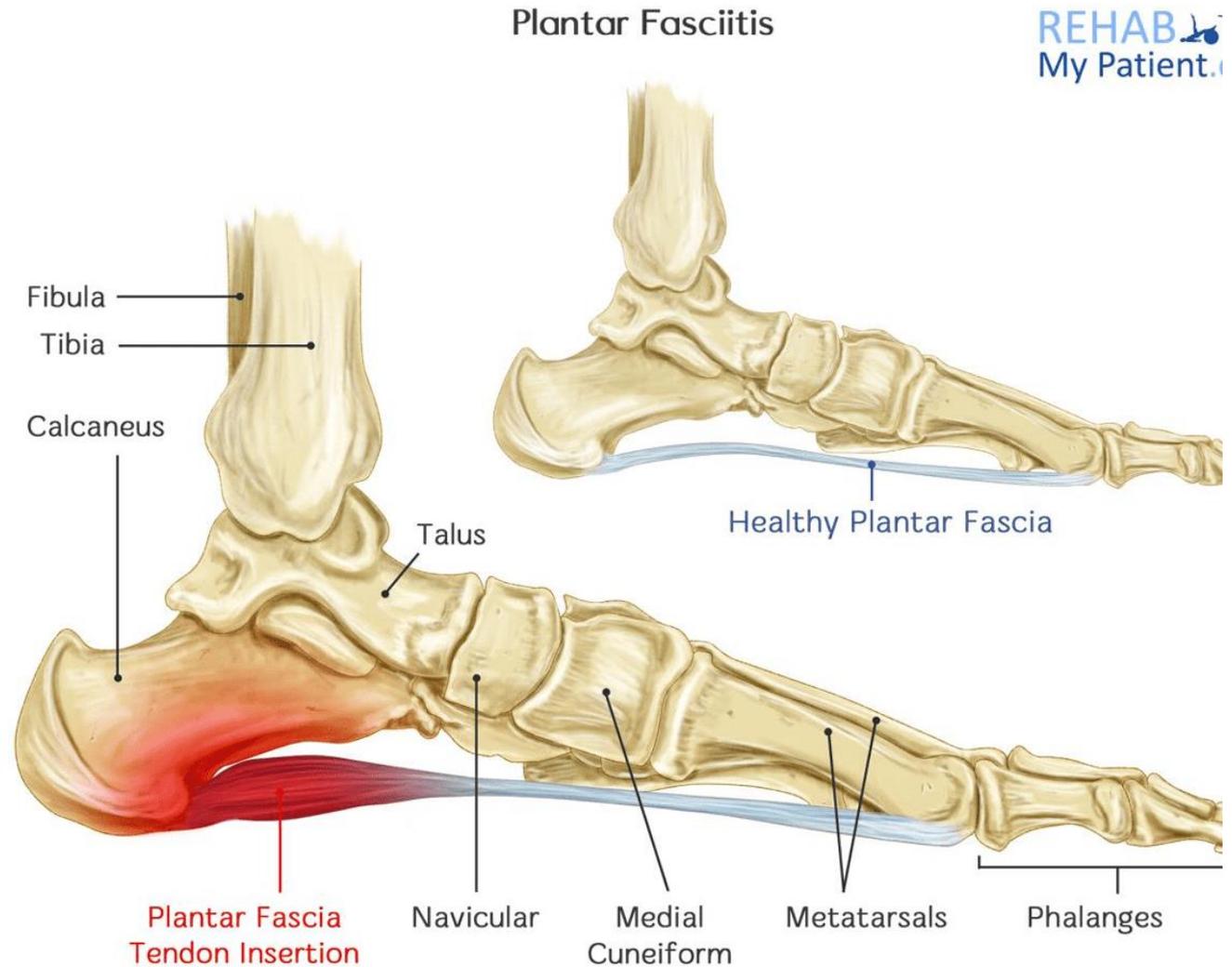
Proper arches enable smooth and painless walking



# Key Structures

- Talus
- Navicular bone
- Plantar fascia

These elements determine the height and elasticity of the arches.



# What Is Flatfoot?

- Lowered arches
- Excessive pronation
- Altered load distribution

Flatfoot disrupts normal lower-limb biomechanics.



# Types of Flatfoot



Flexible



**FLEXIBLE FLAT FEET**

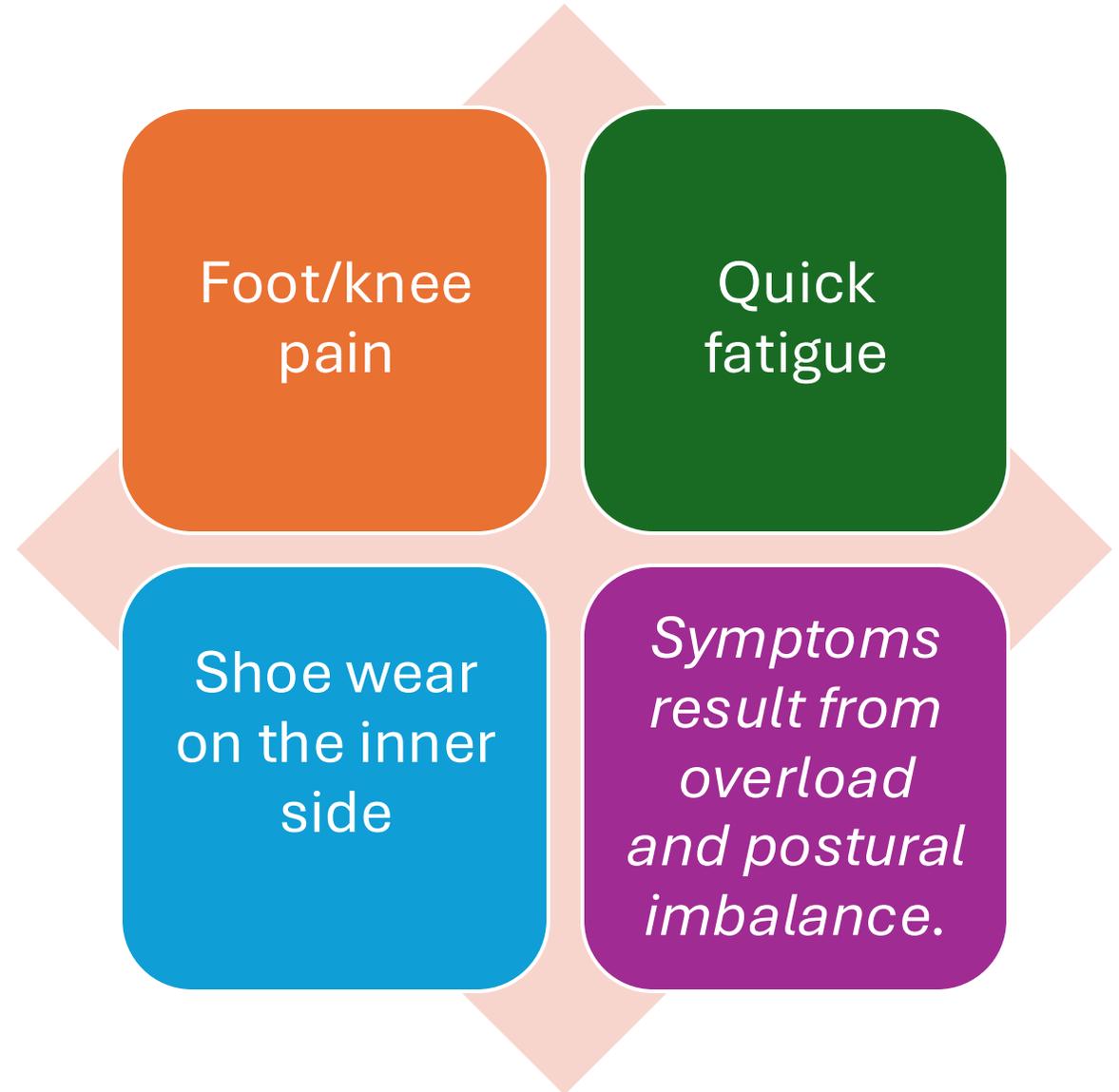


Rigid



**RIGID FLAT FEET**

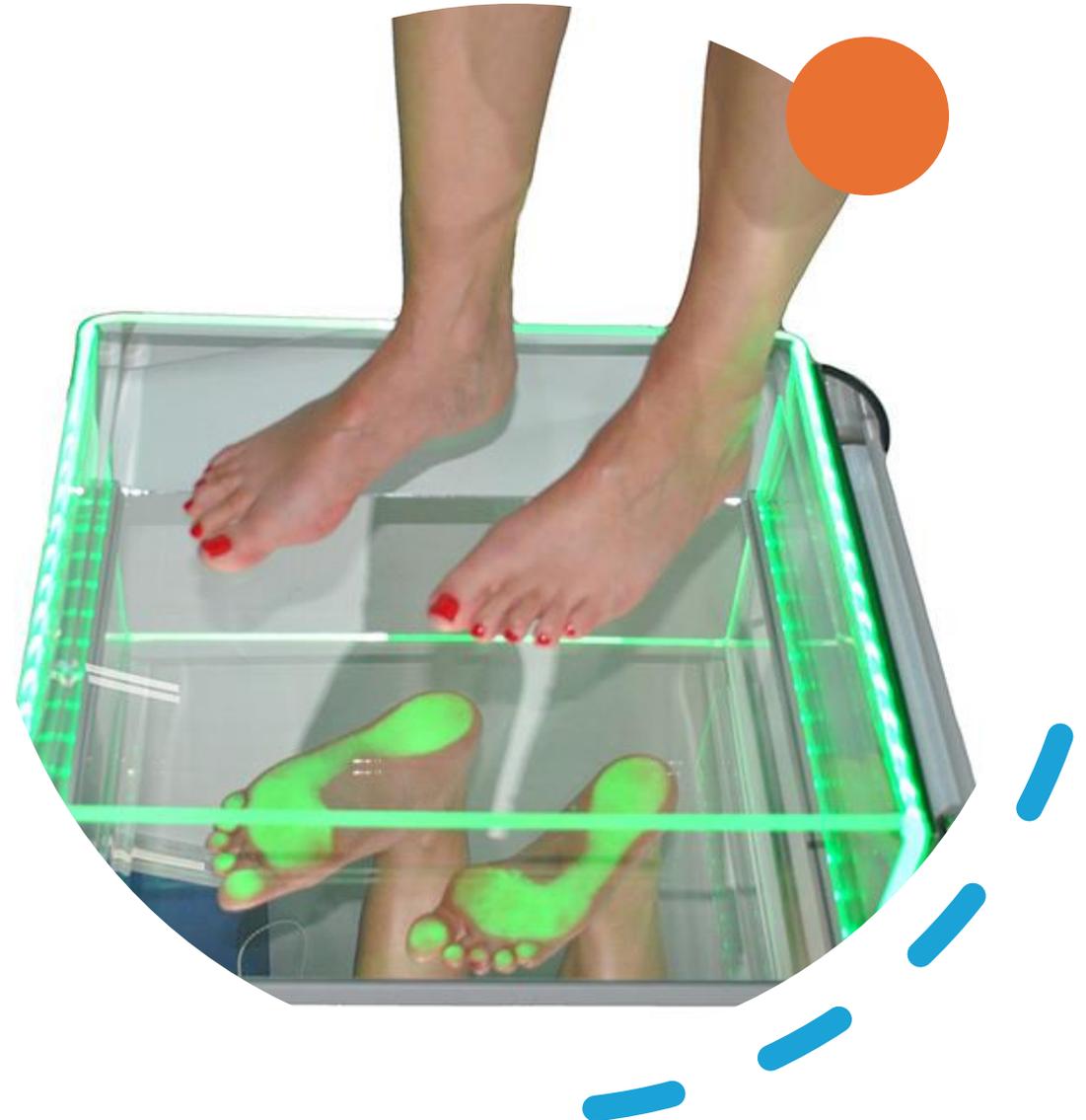
# Symptoms



# Diagnostics

- Podoscopic examination
- Gait analysis
- Functional tests

Accurate diagnostics help tailor effective therapy.



# Physiotherapy

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Arch activation

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Strengthening intrinsic foot muscles

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Soft-tissue mobilization

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*Therapy focuses on restoring stability and movement control.*



# Activation Exercises

- “Short foot” exercise
- Toe-gripping tasks
- Toe raises

*These movements teach the foot to rebuild the arch under load.*



# Stabilization Exercises

- Single-leg balance
- Work on unstable surfaces
- Proprioception training

*Stabilization reduces excessive pronation during gait.*



# Manual Therapy

- Joint mobilization
- Plantar fascia release
- Work on the calf and Achilles tendon

*Manual therapy restores tissue elasticity and improves foot mobility.*

# Dictionary

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Medial longitudinal arch- łuk podłużny przyśrodkowy

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Lateral longitudinal arch- łuk podłużny boczny

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Transverse arch- łuk poprzeczny

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Talus- kość skokowa

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Navicular bone- kość łódkowata

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Plantar fascia- rozciągno podszwowe

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altered load distribution- zmieniony rozkład obciążenia

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Fatigue- zmęczenie

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Gait analysis

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Intrinsic- wewnętrzny

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Calf- łydka

# References

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