

**TIGHTROPE WALKER EXERCISE FOR IMPROVING STATIC BALANCE
IN FLAT FOOT CHILDREN AT AGE OF 4-6 YEARS OLD**

Kiki Widyasari, Maskun Pudjianto, S.MPh., M.Kes.

Kikiwidyasari9a@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background: *Static balance is a condition of the body that maintains an equilibrium position in a stationary state. This position needs a strong balance base so that coordination of movement becomes better and more focused. One of the most common musculoskeletal disorders in children is flat foot. The flat foot is the sole of the foot that is caused by the loss of the medial longitudinal arch when standing, causing a disturbance of balance. In children aged 4-6 years, it is a period of developing motor skills, especially balance, so that stimulation can be given in the form of exercise, namely the tightrope walker exercise.* **Method:** *The method used is using IEC media in the form of booklets as a learning medium in order to increase knowledge and skills for physiotherapists and the society, especially parents, to understand more about the proper exercises for flat foot children.* **Result:** *The IEC media in the form of booklets will be distributed to health workers, especially physiotherapists and parents with flat foot children as a practical and easy guide.* **Conclusion:** *This booklet media can be a medium of information and education for physiotherapists and parents.*

Keywords: *, Static balance, flat foot, tightrope walker exercise, booklet.*