

SHORT FOOT EXERCISE FOR BALANCE IN FLATFOOT TEENS

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SUMMARY

Background: Balance is the ability to maintain the projection of the body's center on a supporting base when standing, sitting, transiting and walking. One of the musculoskeletal disorders that often occurs in adolescents is flat foot. Flat foot is a form of flat foot caused by the loss of the medial longitudinal arch when standing which causes impaired balance. Adolescence is a period of development of motor skills, especially balance, so that stimulation can be given in the form of training, namely shortfoot exercise. **Method:** The method used uses IEC media, namely booklets as learning media to increase knowledge and skills for physiotherapists and the community to be more aware of exercises for adolescents with flat feet. **Results:** IEC media in the form of booklets will be distributed to health workers, especially physiotherapists as a practical and easy guideline. **Conclusion:** This booklet media can be a medium of information and education for physiotherapists and the community.

Key Words : Balance, Flatfoot, Shortfoot Exercise