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HEEL RAISES EXERCISE AND TOWEL TOE CURL FOR FORMING FLAT FOOT CHILDREN

SUMMARY

Background: The foot is a limb that has two main functions, namely as a body foundation (base of support) and a lever for running or walking, one of the most important parts that affect the musculoskeletal and biomechanics of the foot is the arch of the pedis or the arch of the foot. The arch pedis helps elasticity and flexibility in maintaining a static position and stability during activities. The condition of developmental delay in anal-children, namely flat feet or flat foot disorders, which is a musculoskeletal disorder. Almost all children are born with flat feet. Normal leg posture will begin to form from the first 5 years with an age range of 2-6 years. The first age in flat feet babies is still considered normal, but if it is found in children over 6 years old, it will cause delays in motor skills. ***Purpose:*** To find out the proper training procedure to help arch formation in flat foot children. ***Methods:*** The method used is using IEC media, namely pocket books as a tool to improve knowledge and skills of physiotherapy and parents in handling arch formation in flat foot children. ***Result:*** This pocket book IEC media will be distributed to physiotherapists and parents with children as an easy and practical guide in conducting interventions. ***Conclusion:*** As a medium of education and information for physiotherapists and parents and facilitate the intervention of heel raises exercises and towel toe curls. ***Keywords:*** Flat Foot, Children, Heel Raises Exercise and Towel Toe Curl, Pocket Book