

THE EFFECT OF SHORT FOOT EXERCISE ON IMPROVING MEDIAL LONGITUDINAL ARCH (MLA) IN PES PLANUS CONDITIONS

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SUMMARY

Background: *Children's activities such as walking, running, jumping using the feet are supported by the medial longitudinal arch. Cases of children who have a low longitudinal arch or called pes planus will affect those that have a function to support, balance, speed and agility in children. Short foot exercise is a motor sensory exercise that activates the intrinsic muscles of the foot which actively form longitudinal and horizontal arches. Purpose: Making Information Communication and Education (IEC) media regarding short foot exercise as a physiotherapy promotive medium in improving the medial longitudinal arch (MLA) in pes planus conditions. Method: The method used uses KIE media, namely booklets produced as the implementation of health promotion which can be used as a reference by physiotherapy and physiotherapy students. Result: This IEC printed media in the form of a booklet can be distributed directly to pediatrics or pediatric Posyandu cadres and the general public. Conclusion: As a medium of Communication, Information and Education (IEC) for the general public, especially pediatrics regarding short foot exercise to increase the medial longitudinal arch (MLA) in pes planus conditions.*

Keywords: *arkus longitudinal medial, pes planus, short foot exercise*