

**EDUCATION ON HEEL RAISE EXERCISE AS AN
EFFORT TO MAINTAIN BODY BALANCE IN
CHILDREN WITH FLEXIBLE FLAT FOOT
DUE TO OBESITY THROUGH
VIDEO MEDIA**

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ABSTRACT

Background: *The prevalence of childhood overweight in East Java reaches 18.6% and poses a risk of posture disorders such as flexible flat feet, which can lead to a decrease in body balance. Children with this condition require special exercise interventions. Heel raise exercises are effective for strengthening the calf muscles, activating ankle strategy, and stabilizing the body's center of mass.* **Objective:** *To develop video education media as a means of information and training on heel raise exercise movements to improve body balance in children with flexible flat foot due to obesity.* **Methods:** *Making educational video media that contains explanations and demonstrations of heel raise exercise movements. The video was tested on three elementary school-aged children in Mantingan, Ngawi Regency.* **Results:** *Educational video with the title “Strengthen your leg muscles with heel raises” was successfully arranged systematically, with contents including understanding, benefits, indications, contraindications, duration, tools and how to do Heel Raise Exercise.* **Conclusion:** *Educational video heel raise exercise can be an effective media in increasing the understanding and motivation of children and parents in an effort to maintain body balance in children with flexible flat foot due to obesity.*

Keywords : *Overweight, flat foot, body balance, heel raise exercise, video*