THE EFFECT OF MEDIAL ARCH SUPPORT IN LOWERING FATIGUE IN CHILDREN WITH FLAT FOOT IN KARTASURA, CENTRAL JAVA

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ABSTRACT

Background: Flexible flatfoot is a condition that involves the collapse of the medial longitudinal arch of the foot during weight-bearing stress and the restoration of the arch after the removal of body weight. Limited evidence is available regarding the effects of insoles on pediatric flexible flatfoot because of the heterogeneity and low methodological quality of previous studies. This study aimed to examine the effect of medial arch support in lowering fatigue in children with flat foot.

Subjects and Method: A quasy experiment with no control group was conducted in Kartasura, Surakarta, Central Java, Indonesia, in April 2019. A sample of 20 students with flat foot was selected for this study. The dependent variable was fatigue. The independent variable was medial arch support. Mean score of fatigue before and after intervention was measured by paired t-test.

Results: After intervention, fatigue level (Mean= 1.01; SD= 1.013) was lower than before (Mean= 78.45; SD= 8.36) and it was statistically significant ($p < 0.005$).

Conclusion: Medial arch support uptake reduces fatigue in student with flat foot.

Keywords: flat foot, fatigue, medial arch support

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