**Flat Feet (Pes Planus)**

### Eligibility
- Flattening of the medial longitudinal arch of the foot
- +/- Associated pain. Especially if:
  - Unilateral
  - Acquired (flattening of the arch in adulthood)
  - Rigid (loss of normal hindfoot inversion/eversion)
  - Bony swelling on the medial border of the foot

### Differential Diagnosis
- Posterior tibialis tendon dysfunction (PTTD)
- Flexible flat foot
- Midfoot arthritis
- Tarsal coalition
- Accessory navicular
- Charcot foot
- Inflammatory arthropathy eg Rheumatoid arthritis

### Information Required for Referral
- Detail history of the deformity, pain and swelling
- Unilateral or Bilateral
- Acquired (adult) or developmental (childhood)
- Rigid or flexible hindfoot movement
- Progression of deformity (is it worsening?)
- Any treatment taken eg Orthotics
- Any previous surgeries
- Associated medical condition eg DM

### Investigations Required for Referral
- Full weight bearing foot x rays.
- Ultrasound to examine Tibialis Posterior tendon

### Fax Referral to:
Repatiation General Hospital Fax: (08) 8374 2591

### Red Flags
- Continuous symptoms despite the non-operative management.

### Suggested GP Management
- Supportive footwear (usually lace up)
- +/- Foot orthotics (arch supports)
- Analgesia

### Clinical Resources

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General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)