**Original article:**

**Prevalence of flat foot among 18 -25 years old physiotherapy students: cross sectional study**

**1Miss. Tejashree Bhoir, 2Dr. Deepak B. Anap, 2Dr. Abhijit Diwate**

1Physiotherapy Student, PDVVP’s, College of Physiotherapy, Ahmednagar , India

2Associate Professor, PDVVP’s, College of Physiotherapy, Ahmednagar , India

Corresponding Author: Miss. Tejashree Bhoir

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**Abstract**

**Background:** Pes-planus (’flat foot’) is one of the most common conditions observed in adult health practice. The objective of our study wasto find out prevalence of flat foot in a population of 18 to 25 year old physiotherapy students and to find out correlation of BMI with arch index

**Methodology:** A cross sectional study was conducted with sampleof80 physiotherapy students fitting in inclusion criteria. Different outcome of the study that is navicular drop test, arch index, foot posture index was assessed for each subject**.**

**Result :** Prevalence of flat foot in a population of 18 to 25 years old physiotherapy students was 11.25% for all subject affected with bilateral flat foot. According to theage, 18 years were having 2.5% of flat foot bilaterally, 19 years were having 3.75% flat foot bilaterally, 22 years were having 3.75 % flat foot bilaterally, 24 years were having 1.24% flat foot bilaterally. The mean Navicular drop test value was 11.11 for all subject affected with bilateral flat foot and 6.66 for normal subjects & pronation score (FPI) for flat foot subjects mean was 7.44 (+6 to +11) bilaterally.

 **Conclusion:** From our study we concluded that, prevalence of flat foot in a population of 18 to 25 years old physiotherapy students was 11.25% and all subject affected with bilateral flat foot. There was no significant difference according to gender & there is no correlation of BMI with arch index.

**Key Words:** Flat Foot,Arch Index,Navicular Drop test,Foot Posture Index**.**