

Flat foot flexibility

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Use the windlass and Jack's tests to distinguish a flexible from a fixed flat foot (Figure 35.40).

Windlass test . Ask the patient to stand on their toes and observe the arch of the foot on the medial aspect. As soon as the patient stands on their toes, the arch forms. Failure of this indicates a fixed flat foot.

Jack's test . With the patient standing, lift up the great toe. The arch should form in the flexible flat foot.

(b) Figure 35.39 (a, b) Testing subtalar joint flexibility.

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