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### Iliopsoas Flexibility in Subjects with Bilateral Flexible Flatfoot

Samah Saad Zahran, Nadia Abdul Azim Fiyaz

<sup>1</sup>Department of Physical Therapy for Musculoskeletal Disorders and their Surgery & Faculty of Physical Therapy, Cairo University, Egypt.

**Abstract :** Purpose: to investigate iliopsoas flexibility in subjects with bilateral flexible flatfoot. Methods: comparison was held between a flexible flatfoot group (15 subjects) and normal foot alignment group (15 subjects). Navicular drop test was used to evaluate the medial longitudinal arch of both groups. The modified Thomas test was used to assess iliopsoas flexibility for both groups. The differences between both groups were assessed by using an unpaired t test.

**Results:** there was a significant decrease in iliopsoas flexibility on both sides in the bilateral FFF group compared to the normal group.

**Conclusion:** Reduction in iliopsoas flexibility was observed in subjects with bilateral flexible flatfoot when compared to normal controls. Considering that iliopsoas has a direct attachment to the spine, the pelvis and the femur, our results may support that foot misalignment can be a contributing factor to the dysfunction of the lumbopelvic-hip complex.

**Keywords:** flatfoot, iliopsoas, hip, low back pain, flexibility.

Samah Saad Zahran *et al* /International Journal of PharmTech Research, 2016,9(12): 01-06.

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