

### Paediatric Foot Posture ‘Ready Reckoner’

Blog link: <https://angelaevanspodiatrists.com.au/evidence-essentials-blog-7-may-2019/>

Age (years)	ALERT Supinate	-2SD	-1SD	FPI Total (average)	+1SD	+2SD	ALERT Pronated	SD	Range (± 1SD)	Range (± 2SD)	No. of cases
3	<0	1	4	8	12	12	>12	3.6	4 – 12	0 – 12	21
4	<0	1	3	6	9	11	>12	2.6	3 – 9	0 – 12	20
5	<-3	-3	0	3	6	10	>10	3.3	0 – 6	-3 – 9	55
6	<-2	-2	1	4	7	10	>10	2.9	1 – 7	-2 – 10	388
7	<-2	-2	1	4	7	10	>10	2.9	1 – 7	-2 – 10	536
8	<-2	-2	1	4	7	10	>10	2.9	1 – 7	-1 – 10	473
9	<-2	-2	1	4	7	10	>10	2.8	1 – 7	-1 – 10	625
10	<-3	-3	0	3	6	9	>9	3.0	0 – 6	-3 – 9	497
11	<-2	-2	1	4	7	10	>10	3.0	1 – 7	-2 – 10	377
12	<-3	-3	1	4	7	11	>11	3.3	1 – 7	-2 – 10	144
13	<-1	0	2	5	8	10	>11	2.7	2 – 8	-1 – 11	33
14	<-3	-3	0	4	8	11	>11	3.6	1 – 7	-2 – 9	22
15	<-4	-3	0	4	8	11	>12	3.6	0 – 8	-4 – 12	26
3 – 15 years	2.5%	13.5%	68% of children			13.5%	2.5%		0 – 12	-3 – 12	3217

International normative data for paediatric foot posture assessment, has collated the foot posture (Foot Posture Index: FPI-6) from over 3000 healthy children:  
<https://bmjopen.bmj.com/content/9/4/e023341>

The ‘Ready Reckoner’ data suggests clinicians appreciate:

- \* Normal FPI across childhood = 4 (Range 1 – 7)
- \* Triage using ‘Three Quick Questions’ – 3QQ<sup>^</sup> – pain/asymmetry/age
- \* Consider wider diagnoses for ALERT values

[<sup>^</sup>3QQ link: <https://onlinelibrary.wiley.com/doi/epdf/10.1111/jpc.13761>]