

Suggested Reading and References for Foot and Ankle: High Arch / Low Arch Considerations

Blackman AJ, Blevins JJ, Sangeorzan BJ, Ledoux WR. Cadaveric flatfoot model: ligament attenuation and Achilles tendon overpull. *J Orthop Res.* 2009;27(12):1547-1554.

Brody DM. Techniques in the evaluation and treatment of the injured runner. *Orthop Clin North Am.* 1982;13(3):541-558.

Buldt AK, Forghany S, Landorf KB, Levinger P, Murley GS, Menz HB. Foot posture is associated with plantar pressure during gait: A comparison of normal, planus and cavus feet. *Gait Posture.* 2018;62:235-240.

BURNS J, Crosbie J, Ouvrier R, Hunt A. Effective orthotic therapy for the painful cavus foot: a randomized controlled trial. *J Am Podiatr Med Assoc.* 2006;96(3):205-211. doi:[10.7547/0960205](https://doi.org/10.7547/0960205)

Butler RJ, Davis IS, Hamill J. Interaction of arch type and footwear on running mechanics. *Am J Sports Med.* 2006;34(12):1998-2005. doi:[10.1177/0363546506290401](https://doi.org/10.1177/0363546506290401)

Choi J-H, Cynn H-S, Yi C-H, Yoon T-L, Baik S-M. Effect of Isometric Hip Abduction on Foot and Ankle Muscle Activity and Medial Longitudinal Arch During Short-Foot Exercise in Individuals With Pes Planus. *J Sport Rehabil.* Published online July 27, 2020:1-7. doi:[10.1123/jsr.2019-0310](https://doi.org/10.1123/jsr.2019-0310)

Chuter VH, Janse de Jonge XAK. Proximal and distal contributions to lower extremity injury: a review of the literature. *Gait & Posture.* 2012;36(1):7-15.

Deben SE, Pomeroy GC. Subtle Cavus Foot: Diagnosis and Management. *JAAOS - Journal of the American Academy of Orthopaedic Surgeons.* 2014;22(8):512–520.

Deland JT, de Asla RJ, Sung I-H, Ernberg LA, Potter HG. Posterior tibial tendon insufficiency: which ligaments are involved? *Foot Ankle Int.* 2005;26(6):427-435.

Elattar O, Smith T, Ferguson A, Farber D, Wapner K. Uses of Braces and Orthotics for Conservative Management of Foot and Ankle Disorders. *Foot & Ankle Orthopaedics.* 2018;3(3):2473011418780700. doi:[10.1177/2473011418780700](https://doi.org/10.1177/2473011418780700)

Gooding TM, Feger MA, Hart JM, Hertel J. Intrinsic Foot Muscle Activation During Specific Exercises: A T2 Time Magnetic Resonance Imaging Study. *J Athl Train.* 2016;51(8):644-650.

Grice J, Willmott H, Taylor H. Assessment and management of cavus foot deformity. *Orthopaedics and Trauma.* 2016;30(1):68-74.

Gougoulias N, Lampridis V, Sakellariou A. Morton's interdigital neuroma: instructional review. *EFORT Open Rev.* 2019;4(1):14-24. doi:[10.1302/2058-5241.4.180025](https://doi.org/10.1302/2058-5241.4.180025)

Houck J, Neville C, Chimenti R. The Foot and Ankle: Physical Therapy Patient Management Utilizing Current Evidence. In: *Current Concepts of Orthopaedic Physical Therapy.* 3rd Edition. La Crosse, WI; 2011.

Houck JR, Neville CG, Tome J, Flemister AS. Ankle and Foot Kinematics Associated with Stage II PTTD During Stance. *Foot Ankle Int.* 2009;30(6):530-539. doi:[10.3113/FAI.2009.0530](https://doi.org/10.3113/FAI.2009.0530)

Jonely H, Mauri-Stecca MV, Sizer P, Brismee J-M, Phelps V. *Muskuloskeletal Management of the Ankle and Foot*. CreateSpace; 2019.

Keenan A-M, Redmond AC, Horton M, Conaghan PG, Tennant A. The Foot Posture Index: Rasch Analysis of a Novel, Foot-Specific Outcome Measure. *Archives of Physical Medicine and Rehabilitation*. 2007;88(1):88-93.

Kim E-K, Kim JS. The effects of short foot exercises and arch support insoles on improvement in the medial longitudinal arch and dynamic balance of flexible flatfoot patients. *J Phys Ther Sci*. 2016;28(11):3136-3139.

Krispin J, Li L, Munkasy B, Mutchler J. The Reliability Of The Navicular Drop Test and Its Transferability To Dynamic Movement. Published online 2017:135. (for Masters thesis)

Lee J-H, Cynn H-S, Yoon T-L, Choi S-A, Kang T-W. Differences in the angle of the medial longitudinal arch and muscle activity of the abductor hallucis and tibialis anterior during sitting short-foot exercises between subjects with pes planus and subjects with neutral foot. *J Back Musculoskelet Rehabil*. 2016;29(4):809-815.

LoPiccolo M, Chilvers M, Graham B, Manoli A. Effectiveness of the cavus foot orthosis. *J Surg Orthop Adv*. 2010;19(3):166-169.

Matsusaka N, Yokoyama S, Tsurusaki T, Inokuchi S, Okita M. Effect of ankle disk training combined with tactile stimulation to the leg and foot on functional instability of the ankle. *Am J Sports Med*. 2001;29(1):25–30.

Maynou C, Szymanski C, Thiounn A. The adult cavus foot. *EFORT Open Reviews*. 2017;2(5):221-229.

Morrison SC, Ferrari J. Inter-rater reliability of the Foot Posture Index (FPI-6) in the assessment of the paediatric foot. *J Foot Ankle Res*. 2009;2:26.

Mudgal P. Meary's angle | Radiology Reference Article | Radiopaedia.org. Radiopaedia. <https://radiopaedia.org/articles/mearys-angle?lang=us>

Mueller MJ, Host JV, Norton BJ. Navicular drop as a composite measure of excessive pronation. *J Am Podiatr Med Assoc*. 1993;83(4):198-202.

Murley GS, Menz HB, Landorf KB. Foot posture influences the electromyographic activity of selected lower limb muscles during gait. *Journal of Foot and Ankle Research*. 2009;2:35.

Nakai K, Zeidan H, Suzuki Y, et al. Relationship between forefoot structure, including the transverse arch, and forefoot pain in patients with hallux valgus. *J Phys Ther Sci*. 2019;31(2):202-205. doi:[10.1589/jpts.31.202](https://doi.org/10.1589/jpts.31.202)

Neal BS, Griffiths IB, Dowling GJ, et al. Foot posture as a risk factor for lower limb overuse injury: a systematic review and meta-analysis. *J Foot Ankle Res*. 2014;7(1):55.

Paterson KL, Clark RA, Mullins A, Bryant AL, Mentiplay BF. Predicting Dynamic Foot Function From Static Foot Posture: Comparison Between Visual Assessment, Motion Analysis, and a Commercially Available Depth Camera. *J Orthop Sports Phys Ther.* 2015;45(10):789-798.

Redmond AC, Crane YZ, Menz HB. Normative values for the Foot Posture Index. *J Foot Ankle Res.* 2008;1:6. doi:[10.1186/1757-1146-1-6](https://doi.org/10.1186/1757-1146-1-6)

Snyder KR, Earl JE, O'Connor KM, Ebersole KT. Resistance training is accompanied by increases in hip strength and changes in lower extremity biomechanics during running. *Clin Biomech (Bristol, Avon).* 2009;24(1):26-34.

Vienne P, Schöniger R, Helmy N, Espinosa N. Hindfoot instability in cavovarus deformity: static and dynamic balancing. *Foot Ankle Int.* 2007;28(1):96-102.

Van Boerum DH, Sangeorzan BJ. Biomechanics and pathophysiology of flat foot. *Foot Ankle Clin.* 2003;8(3):419-430.

Vinicombe A, Raspovic A, Menz HB. Reliability of Navicular Displacement Measurement as a Clinical Indicator of Foot Posture. *J Am Podiatr Med Assoc.* 2001;91(5):262-268.

Visser HJ, Ansari A, Thompson S. Assessing And Treating The Subtle Cavus Foot Deformity. *Podiatry Today.* 2015;28(6):56-60.

Williams DS, McClay IS. Measurements Used to Characterize the Foot and the Medial Longitudinal Arch: Reliability and Validity. *Phys Ther.* 2000;80(9):864-871.

Williams DS, McClay IS, Hamill J. Arch structure and injury patterns in runners. *Clin Biomech (Bristol, Avon).* 2001;16(4):341-347.

Yasui Y, Hannon CP, Seow D, Kennedy JG. Ankle arthrodesis: A systematic approach and review of the literature. *World J Orthop.* 2016;7(11):700-708.