

CLINICAL COMMENTARY

DEFORMITY OR DYSFUNCTION?
OSTEOPATHIC MANIPULATION OF THE IDIOPATHIC
CAVUS FOOT: A CLINICAL SUGGESTION.Christopher Kevin Wong, PT, PhD, OCS^aAdi Gidali, PT, DPT^bValerie Harris, PT, DPT^c

ABSTRACT

Observed gait abnormalities are often related to a variety of foot deformities such as the cavus foot, also known as pes cavus, cavovarus, uncompensated varus, and the high arched foot. When gait abnormalities related to cavus foot deformities produce symptoms or contribute to dysfunctional movement of the lower extremity, foot orthotics are commonly used to accommodate the deformity and optimize the function of the lower extremity. In more severe cases, surgical intervention is common. Hypomobility of the many joints of the foot and ankle may be mistaken as an idiopathic cavus foot deformity. As for any other limb segment suspected of musculoskeletal dysfunction, it is suggested that joint mobility testing and mobilization, if indicated, be attempted on the foot and ankle joints before assuming the presence of a bony cavus deformity. The purpose of this clinical suggestion is to describe the use of osteopathic manipulations of the foot and ankle in the context of an illustrative case of bilateral idiopathic cavus feet to demonstrate that apparent foot deformities may actually be joint hypomobility dysfunctions.

Keywords: manipulation, cavus foot, midfoot

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