Clinical Research on Foot & Ankle

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Functional Competency of the Foot and Ankle in Older People

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Abstract

Background: There are structural and functional changes in the foot and ankle as people age, and there is tentative evidence that foot issues a ect balance and raise the risk of falling. We conducted a study to ascertain the relative contributions of various foot and ankle traits on performance on a variety of balance and functional tests in

The foot and ankle characteristics included foot posture, range of motion, strength, and deformity (including tests of standing balance, leaning balance, stepping, sit-to-stand, and walking speed).

Results: In univariate analysis, a variety of foot and ankle traits as well as sensorimotor measurements were linked to success on the balance and functional tests. Ankle þexibility, plantar tactile sensitivity, and toe plantarþexor strength were repeatedly found through multiple regression analysis to be signiýcant and independent predictors of balance and functional test performance, accounting for up to 59% of the variance in these test results.

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