**INTRODUCTION**
Congenital flexible flatfoot (FFF) is one of the most poorly understood foot conditions:
- Majority of infants are born with a flexible flatfoot and a normal longitudinal arch does not develop until age 7-10
- Characterized by calcaneal eversion, talar adduction with plantarflexion, medial arch collapse, and abduction of the forefoot
- Most FFF conditions will spontaneously correct or persist asymptomatically—those that do not resolve and are symptomatic need to be managed either conservatively or surgically

**SUBTALAR ARTHROEREISIS IMPLANT**
- ‘Arthron’—Greek, meaning ‘joint’
- ‘Ereisis’—Greek, meaning ‘a raising up’
- Arthroereisis: operation to limit the motion in a joint that is abnormally mobile
- Goal of a subtalar arthroereisis—reduce the pronation range of motion available in the subtalar joint while preserving the ability to supinate and utilize normal biomechanics of the foot and ankle

**INTERVENTION AND RESULTS**
- Manual Therapy Techniques
  - Effleurage for edema control, scar tissue mobilization, transverse friction massage, PROM in all directions, manual gastrocnemius and soleus stretching, soft tissue mobilization of lower leg musculature
- Active Treatment Exercises
  - 4-way resisted ankle ROM with theraband, eccentric tilt board in all directions, seated BAPS board ROM, marbles pickup, stationary bicycle
- Active Left Ankle Dorsiflexion ROM:
  - 1/14/16 -- 2°
  - 1/22/16 -- 3°
  - 1/28/16 -- 8°
  - 2/4/16 -- 10°
- Non-operative Ankle Dorsiflexion = 0°

**DISCUSSION**
- Currently, there is no literature available regarding physical therapy management post-subtalar arthroereisis implantation
- The novelty of this surgical procedure makes it difficult to determine long-term outcomes, especially for the pediatric population
- The long-term complications, secondary to slippage of the implant or subtalar joint arthritis, are unknown
- Further research is needed to determine the longevity and functionality of these surgical implants

**PATIENT DESCRIPTION**
- 11-year-old African American female status-post left gastrocnemius recession and left subtalar joint arthroereisis with MBA implant to correct left congenital pes planus and equinus deformity

**PURPOSE**
- To determine the effectiveness of physical therapy intervention, including stretching, strengthening and agility training, as an adjunct to surgical intervention to correct a symptomatic FFF deformity in a physically active adolescent