

Update of clinical guidelines for flat foot, toe walking, and in-toeing in pediatric physiotherapy in Norway.

Background:

In 2018, we developed evidence based clinical guidelines in primary care for three common foot conditions in pediatric physiotherapy: Flat foot, toe walking and in-toeing.(1) The guidelines have been used in several municipalities in Norway, and there is a need to update the guidelines in accordance with new evidence.

Objective:

Our aim was to update clinical guidelines for the three foot conditions in pediatric physiotherapy in primary care in Norway.

Method:

The update of the clinical guidelines followed the AGREE guideline. A working group was established with 4-6 clinicians employed by Trondheim municipality and a senior researcher who has a combined position in Trondheim municipality and at NTNU. These clinicians were also involved in the development of the original guidelines. We conducted new systematic literature searches in PubMed, PEDro, Scopus, and CINAHL for research published from 2018-2025, based on the same PICO used in the original guidelines from 2018. The search terms were created by a librarian. Titles and abstract were screened for eligibility by the working group, and each full text article was read by 2 persons. The quality assessment and risk of bias assessment was conducted by the senior researcher, and was based on Cochrane's RoB 2 tool for assessing risk of bias. All references from the original 2018 guidelines were reassessed, as some of the references were included due to limited research at that timepoint and therefore had high risk of bias. The guidelines were also updated in accordance with clinical experience and user knowledge, by having three parents reading and commenting on the preliminary versions of the guidelines.

Result:

The flow chart for the updated clinical guidelines, which summarizes the assessment and management of the pediatric foot conditions will be presented at the conference. The update did not significantly change the existing clinical guideline for toe-walking. For paediatric flatfoot, risk factors, prognosis, and various interventions such as the use of orthoses/insoles were updated. For in-toeing, risk factors, prognosis, and use of shoes were updated.

Conclusion:

Evidence-based clinical guidelines for the pediatric conditions flat foot, toe walking and in-toeing were updated in 2025, and published on the municipality's web page.

References:

1. Evensen K. A. I., Eide G., Immonen J. Utvikling av Retningslinjer for Kunnskapsbasert barnefysioterapi i Primærhelsetjenesten. Fysioterapeuten 2018(7): 16-21.