

Customised foot orthoses effective for pain due to pes cavus

Clinical question	Do customised foot orthoses reduce foot pain associated with pes cavus?]
Bottom line	<p>Compared to sham orthoses, custom-made foot orthoses reduced and redistributed plantar foot pressure and subsequently decreased foot pain by approximately 75%. There was also a significant improvement in foot function and increased physical functioning. There was no difference in reported adverse events between the two groups.</p> <p>Foot pain and foot function was measured using the validated Foot Health Status Questionnaire and physical function was assessed using the Medical Outcomes Short Form.</p>
Caveat	Only one trial of custom-made foot orthoses met the criteria for inclusion in this review of interventions for pes cavus. The follow-up period of the trial was only 3 months.
Context	Pes cavus has a prevalence of approximately 10%, and its cause is primarily neuromuscular (eg. Charcot-Marie-Tooth disease) or idiopathic in nature. It has been estimated that 60% of people with pes cavus will experience chronic foot pain at some time in their life.
Cochrane Systematic Review	Burns J et al. Interventions for the prevention and treatment of pes cavus. Cochrane Review 2007, Issue 4. Art No : CD006154. DOI : 10.1002/14651858. CD006154.pub 2. Note : The review contains 1 trial involving 154 participants.
Pearls No. 51, March 2008, written by Brian R McAvoy	

PEARLS are succinct summaries of Cochrane Systematic Reviews for primary care practitioners. They are funded by the New Zealand Guidelines Group.

PEARLS provide guidance on whether a treatment is effective or ineffective. PEARLS are prepared as an educational resource and do not replace clinician judgement in the management of individual cases.

View PEARLS online at:

- www.cochraneprietarycare.org