DOI: 10.18311/DSUPHY/9788195874873/2024/059

The Effect of Body Mass Index on Foot Posture Index in Health Care Subjects

Dr. Shweta Kulkarni, Hardik H. Rane and Chandani H. Adeshra

SDM College of Physiotherapy, SDM University, Dharwad - 580009, Karnataka, India

Abstract

Background and Objective: Foot posture plays an important role in the quality of daily living activities such as standing, walking, and running. More recently, a link between foot pain and obesity has been reported, with both fat mass and increased Body Mass Index (BMI) significantly associated with foot pain. The objective of this study is to determine the relation between body mass index and foot posture index and associate the same with the risk of injury in the near future.

Method: Fifty subjects in the age group of 20-30 years were recruited as per the inclusion and exclusion criteria. The Subjects foot was assessed based on the foot posture index criteria. Thus, data of 100 foot were analysed.

Results: The participants included 12 males and 28 females with mean age of 22-40. Our study concluded that there is a relation between body mass index and foot posture index.

Interpretation and Conclusion: This study concluded that higher values of body mass index might have an effect on foot posture index in healthy

subjects. These components may require extra attention to prevent the associated consequences.

Keywords: Body Mass Index; Foot; Posture; Foot Posture Index