

OSTRICH study – Orthotics for Treatment of Symptomatic Flat Feet in Children

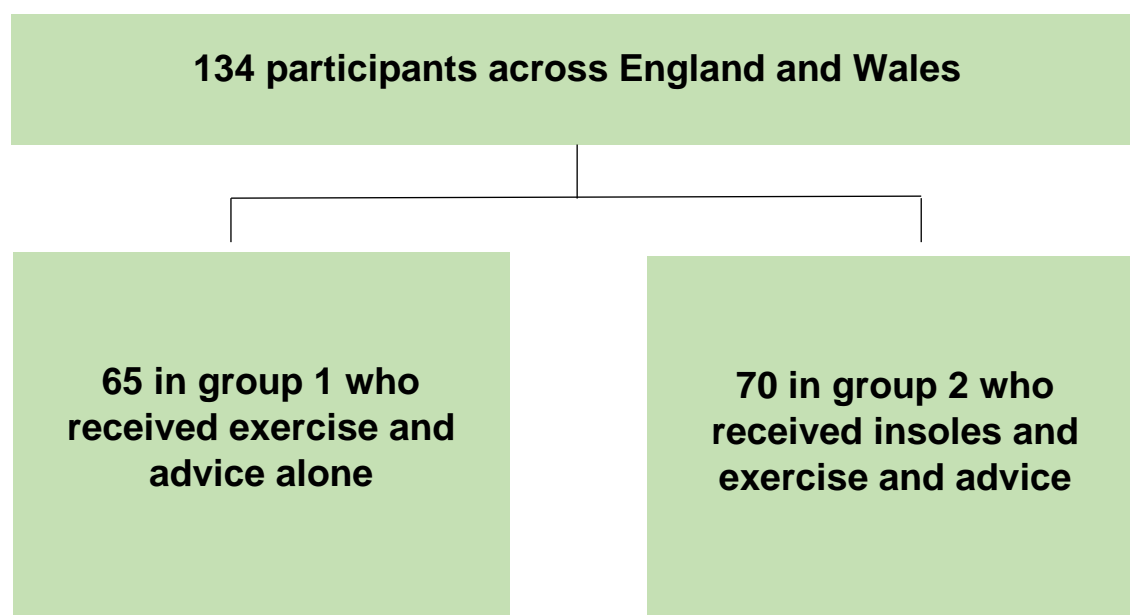
Summary Results

What did we want to find out?

Painful flat feet affect many children and young people. The OSTRICH study wanted to find out whether the best treatment for this was insoles with exercises and advice, or just exercises and advice. This would help clinicians treat patients with painful flat feet in the future.

Who took part?

A total of 134 children and young people took part in the study. These were recruited from across England and Wales from April 2022 to May 2023. Our aim was to recruit 478 people into the study. However we had to close the study earlier before reaching this target because recruitment was a lot slower than expected and it was too costly to run the study for longer. The 134 participants were split randomly into two groups:



The average age of the children and young people who took part was 10 years, with the youngest being 6 years old and the oldest being 14 years old. We had equal numbers of girls and boys taking part.

What did we find out?

As we did not have enough children and young people in the study, we are unable to find out which was the best treatment.

However, we did find out some useful information from the interviews we did with the children and young people who took part in the study, their parents and the clinicians who delivered the treatments. We discovered that many people have a preference for insoles rather than exercises, and often expect to be given insoles when they are referred to a specialist service. Children and young people tend to use insoles when they are given them but they tend not to do the exercises, whether they have insoles or not. There are lots of reasons why children and young people don't do exercises, but the most common reasons include forgetting, finding them uncomfortable and problems with equipment such as therapy balls.

We have learned a lot from the challenges we had in recruiting patients to the OSTRICH study. This knowledge is very valuable and will not be wasted. We will let other people know what we've learnt. This will include writing up our findings in scientific journals, and presenting our work at conferences. This will be used to help set up and run future trials.

THANK YOU FOR TAKING PART IN THE RESEARCH