Foot Posture Index (FPI-6)

Patient's full name: _____ **Date assessed:** _____

Clinician's full name: _____

Instructions:

- Have your patient stand still. Their arms need to be on the side, and they must be looking straight ahead.
- While standing, they need to assume a relaxed standing position.
- Optional: you may have the patient march on the spot before assuming a relaxed standing position.
- Tell the patient not to swivel or move because doing so might affect the observations you'll make during the assessment because swiveling or moving will affect foot posture.
- Once the patient stands still in a relaxed position, you will observe the posterior aspects of the leg and foot for a few minutes. This assessment usually takes two minutes to accomplish, but you can take longer if you need to.
- Palpate the talar head to see where it is.
- Check what the curves above and below the malleoli are like. Are they straight, convex, concave, or equal?
- Measure the degree of the calcaneal's inversion or eversion
- Check if the talonavicular congruence is concave, flat, or bulging
- Check if the medial arch height is angled towards the posterior end, if it's concentrically curved, or if the arc is low and flat.
- And last, to see if the medial and lateral toes are equally visible, if the medial toes are more visible than the lateral toes, or if the lateral toes are more visible than the medial toes.

While observing, pick any one of the designations set for each section. If an observation can't be made, just indicate "N/A" and elaborate in the comments box.

If you're unsure how high or low you should score a certain item, opt for the conservative score.

Adapted from the original 1998 Foot Posture Index (FPI-6) by Anthony Redmond for clinical and non-commercial purposes.

Foot Posture Index (FPI-6) Cheat Sheet

Rearfoot Score	-2	-1	0	1	2
Talar head palpation	Talar head is palpable on the lateral side, but not on the medial side	Talar head is palpable on the lateral side, but slightly palpable on medial side	Talar head is equally palpable on lateral and medial side	Talar head is palpable on the medial side, but slightly palpable on the lateral side	Talar head is palpable on the medial side, but not on the lateral side
Curves above and below the malleoli	Curve below the malleolus is either straight or convex	Curve below the malleolus is concave but is flatter / more shallow than the curve above the malleolus	Both infra and supra malleolar curves are roughly equal	Curve below the malleolus is more concave than the curve above the malleolus	Curve below the malleolus is markedly more concave than the curve above the malleolus
Calcaneal inversion/eversion	More than an estimated 5-degree inverted (varus)	Between vertical and an estimated 5-degree inverted (varus)	Vertical	Between vertical and an estimated 5-degree everted (valgus)	More than an estimated 5-degree everted (valgus)
Forefoot Score					
Talonavicular congruence	Area of TNJ is markedly concave	Area of TNJ is slightly but definitely concave	Area of TNJ is flat	Area of TNJ is bulging slightly	Area of TNJ is bulging markedly
Medial arch height	Arch is high and acutely angled towards the posterior end of the medial arch	Arch is moderately high and slightly acute posteriorly	Arch height is normal and concentrically curved	Arch is lowered with some flattening in the central portion	Arch is very low with severe flattening in the central portion (arch is making ground contact)
Forefoot adduction	No lateral toes are visible, but the medial toes are clearly visible	Medial toes are clearly more visible than the lateral toes	Medial and lateral toes are equally visible	Lateral toes are clearly more visible than the medial toes	No medial toes are visible, but the lateral toes are clearly visible

Adapted from the original 1998 Foot Posture Index (FPI-6) by Anthony Redmond for clinical and non-commercial purposes.

Foot Posture Index (FPI-6) Record Sheet

Factor	Plane	Left Foot (-2 to 2)	Right Foot (-2 to 2)
Talar head palpation	Transverse		
Curves above and below the malleoli	Frontal/Transverse		
Calcaneal inversion/eversion	Frontal		
Talonavicular congruence	Transverse		
Medial arch height	Sagittal		
Forefoot adduction	Transverse		

Reference Values

Normal	**0 to 5**
Pronated	**6 to 9**
Highly pronated	**10+**
Supinated	**-1 to -4**
Highly supinated	**-5 to –12**

Additional Comments

Adapted from the original 1998 Foot Posture Index (FPI-6) by Anthony Redmond for clinical and non-commercial purposes.