



Li Cheng Uk Government Primary School

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**Special Notice 62/2023-24**

14.11.2023

Dear Parents / Guardians,

**Arrangement of 2023/24 Foot and Spine Check for P.5 & P.6 Students**

The School is arranging a Foot and Spine Health Evaluation for P.5 and P.6 students.

Date:	30 <sup>th</sup> November 2023 (Thursday)
Time:	9:20 a.m. – 2:30 p.m.
Venue:	Room 202 - Room 203 (LCUGPS)
Service Provider:	Precious Blood Hospital Chan Deng Physiotherapy Centre
Co-organizer:	Allied Health Rehabilitation Centre
Fee:	Free to all P.5 and P.6 students
Remarks:	Students should wear P.E. uniform and bring their handbook.

Should you have any enquiries, please contact Ms HUNG Yin-ye at 2386 8049.

(Ms CHUI Sau-man)  
Headmistress

**Reply Slip**

**Arrangement of 2023/24 Foot and Spine Check for P.5 & P.6 Students**

*Remark: \* Please circle whichever is applicable.*

Special Notice: 62/2023-24

Date: \_\_\_\_\_

To: Headmistress,

I have read the Special Notice No. 62/2023-24 dated 14.11.2023 and I fully understand its content. My child **\*will join / will not join** the 2023/24 Foot and Spine Check Evaluation (Free-of-charge).

Student's name: \_\_\_\_\_ ( ) Class : P.

Parent's / Guardian's Signature: \_\_\_\_\_

Parent's / Guardian's Name: \_\_\_\_\_ Emergency Telephone No.: \_\_\_\_\_



## Foot Health Preliminary Evaluation

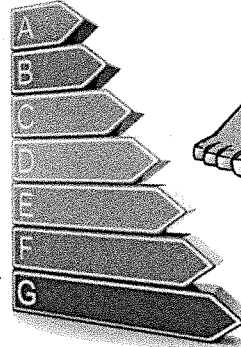
The following are some related knowledge of flatfeet which can deepen everyone's understanding of this problem.

Flatfeet refer to the depression of the medial arch when the feet bear weight. It is generally believed that flat feet means the medial arches of the foot completely touch the ground when standing. In fact, it is not completely correct. Since fat, muscles, ligaments and other soft tissues affect the chance of the arch touching the ground, it is inaccurate to diagnose flatfeet depending on whether the arches touch the ground or not.



Flatfeet not only affect the appearance, it can affect the joints of the lower limbs including: feet, ankles, knees, hip joints, waist and even cervical spine pain and strain, so it can not be ignored.

In our inspection report, flatfeet are divided into three levels: mild, moderate, and severe. Children with a slight degree of flat feet are mild and generally do not need to be dealt with; while school children with moderate or severe flat feet have a worse problem than their peers and need to be treated seriously.

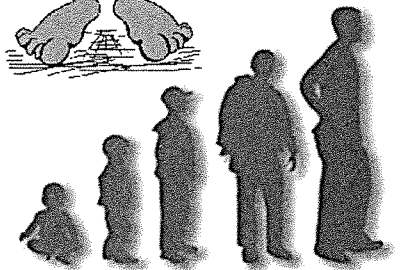


The following are common questions from parents to help you answer your doubts:



**1) It is generally believed that flatfeet will naturally improve as a child grows. Can we not do anything about it?**

Flatfeet is a common foot problem. Surveys show that 30% to 40% of adults suffer from flatfeet in varying degrees. "Natural improvement with growth" refers to the fact that the pseudo-flatfeet of young children under age of four, who have immature foot shape and more plantar fat, disappear and show a normal foot arch after they grow up. Therefore, if you find that you have flatfeet after the age of four, you should treat it as soon as possible. Since flat feet will also be affected by acquired factors (e.g. lifestyle, nutrition, exercise), it can be improved and worsened at the same time. If it can be dealt with early, even if there is no obvious improvement, it will not worsen the problem and cause other lower extremity problems.



**2) Some doctors say that my child has flatfeet, and some think that the feet are normal and do not need to be dealt with. This makes me very confused. What should I do?**

There are different severity of flatfeet. Different profession may not have different interpretation. Even for related specialists, there is currently no set of absolute authoritative standards. The severity of flatfeet is graded, so different doctors' evaluations of the same patient are not completely consistent. If problems are found, the relevant medical staff should be contacted for detailed examination and appropriate treatment.



**3) I heard that flat feet are caused by genetics. How can I get it?**

Inheritance is just one of the causes of flatfeet. Other external factors such as the environment, acquired growth, nutrition, etc. can affect the development of flatfeet. Early detection and timely correction can effectively prevent and control. There are many cases that can be improved through professional orthopedic treatment.



**4) The assessment report indicates that my child has serious foot problems. What can I do?**

Don't worry too much. This is only a preliminary assessment. You can consult your family doctor or other related specialist. The foot problem is relatively serious, which means that it is not good compared to the same age. Generally, Orthotists will make corresponding treatments according to the children's conditions, including exercise and posture improvement, with tailor-made foot orthoses, correcting and maintaining a series of expected movements of the children's feet when walking, and restoring the feet to its normal structure.

