THE EFFECT OF COMBINING TOWEL CURL EXERCISES AND THE PERCEPTUAL MOTOR PROGRAM ON THE BALANCE OF CHILDREN WITH FLAT FOOT

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ABSTRAC

***Background**: Flat foot is a condition characterized by a decreased medial longitudinal arch of the foot, which can cause biomechanical disturbances, intrinsic muscle weakness, and decreased balance in children. Impaired balance in children may affect daily activities. The physiotherapy interventions provided were a combination of Towel Curl Exercise and Perceptual Motor Program. **Objective**: This study aimed to determine the effect of a combination of Towel Curl Exercise and Perceptual Motor Program on improving balance in children with flat foot conditions. **Methods**: This study used a quantitative method with a quasi-experimental design employing a one-group pre-test and post-test approach. The study involved 30 children, consisting of 19 boys and 11 girls, aged 7–11 years. Balance was measured using the Pediatric Balance Scale (PBS). The combination of Towel Curl Exercise and Perceptual Motor Program was administered three times per week for four weeks. **Results**: Based on the Wilcoxon test, the results showed a significant improvement in children's balance with a p-value of 0.001 ($p < 0.05$).**Conclusion**: There was an effect of the combination of Towel Curl Exercise and Perceptual Motor Program on improving balance in children with flat foot conditions.*

***Keywords**: Children; Flat Foot; Perceptual Motor Program; Balance*