8:35 – 8:40 am
Peek-a-Boo Heel… I See it Everywhere
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Physical Exam:
Identification of heel varus has traditionally been done from viewing the patient from the rear. As there are no nearby landmarks available, this can be difficult. Usually the observer is more successful when viewing from the FRONT.

Peek-A-Boo heel sign:
The patient is viewed, STANDING UP, BAREFOOTED, from the front, feet pointing forward. A normal foot hides the heel pad, as the heel is in approximately 5 degrees of valgus. With heel varus, the heel pad can be seen “peeking out” from the medial side of the foot. This should be confirmed by viewing from the rear, as a false positive “peek-a-boo heel” sign is possible. False negatives and other variants are possible, too!

False positive peek-a-boo heel sign:
Metatarsus Adductus – patient stands with lower extremity externally rotated
Metatarsus Primus Varus - same
Tight Achilles Tendon - same
Large Heel Pad
Squirting Heel pad

False negative peek-a-boo heel sign:
Medial bulging of foot

False negative heel varus from rear:
Large Haglund’s bump

References:


Manoli A 2nd, Graham, BG: The subtle cavus foot: “the underpronator,” a review. Foot Ankle Int. 26:256-263, 200