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# Foot problems as a risk factor for falls in community-dwelling older people: a systematic review and meta-analysis

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## Highlights

- This systematic review identified 15 eligible manuscripts.
- A meta-analysis identified foot pain, hallux valgus and lesser toe deformity as risk factors for falling.
- Documentation of foot problems and referral to foot care specialists should be a routine component of falls prevention.

## Abstract

*Background:* Foot problems are common in older people. The objective of this systematic review was to determine whether foot problems increase the risk of falling in community-dwelling older people.

*Methods:* Electronic databases were searched from inception to May 2018. To be eligible for inclusion, papers needed (i) to include community-dwelling older participants, (ii) to document falls either retrospectively or prospectively, and (iii) to document or assess the presence of foot

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