

FLAT FEET

Feet that have a low arch close to the ground or no arch are referred to as flat feet. Flat feet are an inherited condition just like the colour of your eyes or hair. A flat foot moves from its most mechanically stable position to one in which the long arch of the foot decreases in height. This compensatory movement of the foot – *pronation* - occurs as the foot adapts to the abnormalities of the ground and the characteristics of your lower limb alignment. This pronation can result in pain.



'Normal' foot



'Flat foot'

Symptoms: Flat feet carry up to 2 times your body weight when you walk (3 times when you run). This extra weight then puts strain on the muscles which supply the feet. Children may complain about 'tired feet' when what they really have is flat feet. Adults often experience pain on the inside of the foot below the ankle bone, tiredness or strain along the arch area or soreness around the outside of the ankle joint. Flat feet can also cause pain in the shins, knees, hips and lower back due to poor biomechanical function during exercise.

Treatment: At the Brunswick Foot Clinic we can confirm what type of feet that you or your family have and what you need to do (if anything). Your podiatrist may give you an exercise program to strengthen the muscles around your feet. Custom made orthotics may be recommended to correct the position of the feet and therefore relieve pain, allowing you to enjoy a fuller life! For further information see our page about 'Orthoses'.