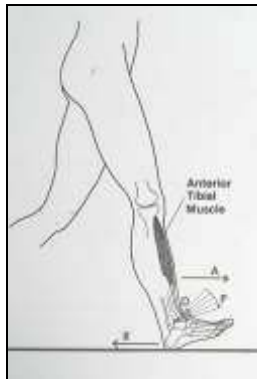


HIGHLY ARCHED FEET

Whilst a flat foot is a well known condition, highly arched feet are a bit of a mystery.

Having highly arched feet raises problems including discomfort from wearing shoes that are too tight across the arch of the foot, to shin pain if the muscles in the front of the shin have to work too hard to lift the toe of your shoes when you walk.



The shin muscle that lowers the ball of the foot to the ground and the toe wear from not lifting the feet when walking

Highly arched feet usually don't have enough movement available at the ankle to help absorb the impact of the foot striking the ground when walking, running or jumping.

At the Brunswick Foot Clinic we can create an insert to help minimise the functional consequences of highly arched feet from a simple heel lift (see picture below) to a complex orthotic device.



Note how the heel lift balances the alignment of the toes and the heel