

# Flat Feet

Flat feet, also known as pes planus, occurs when the arch of the foot is lowered when standing.

## Common contributing factors:



Flat feet do not cause pain or discomfort most of the time. In these cases, no treatment is required.

However, if you have flat feet and do a lot of physical activity, you may feel aches and pain in your feet.

## Scan the QR codes for more information:



Stretches and  
Exercises to Strengthen  
Muscles in the Foot

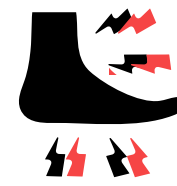
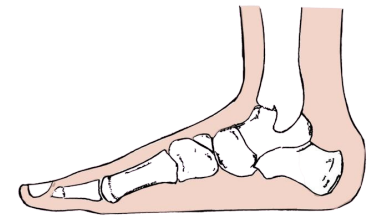


How to Choose  
Appropriate  
Footwear



FAQs on  
Flat Feet

## Consult a podiatrist about your flat feet if:



Pain is present along the arch or on the inside of the ankles

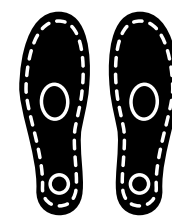


You have a history of repeated foot injuries



You have knee or back pain that has been investigated and treated with little improvement

## Common treatment options:



**Orthoses** - Provide more support and reduce strain on painful feet



**Footwear** - Firm shoes that fit properly can reduce foot strain



**Exercises** - Specific stretches or strengthening exercises can help improve stability, balance, foot function and reduce pain. These exercises should be prescribed by a therapist.

## Other treatment options:



**Surgical intervention** - Reconstructive foot surgery can be considered if the deformity is severe

For more information, kindly consult your podiatrist.