Flat Feet

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

Common contributing factors:
- History of foot or ankle injury
- Genetics
- Ageing
- Long-term use of inappropriate footwear
- Joint mobility
- Pregnancy

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.

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.