

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

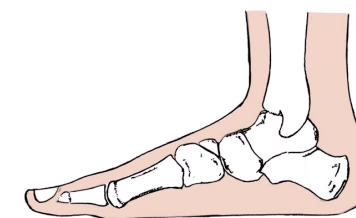


How to Choose
Appropriate
Footwear



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

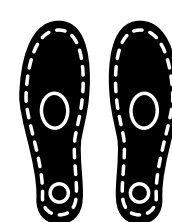


You have a history of repeated foot injuries



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.