Flat Foot /Pes Planus:

Pes planus, pes planovalgus and flat foot are all descriptive terms that cover a multitude of conditions that vary in aetiology, pathology, prognosis and management, but all of which are characterized by a foot with a low medial arch profile.

Foot print ➔ flat feet:

Categories: flexible and rigid

A foot with a normal arch or a flexible flat foot does not leave much of an arch impression since the arch is mostly off the ground.

A low arch leaves more of an impression. A rigid flat foot leaves a nearly full arch impression because more of the collapsed arch rests on the ground.

By Simone Eisses Foot Forward team
Some common symptoms of a flat foot are:

- A flat look to one or both of your feet
- Uneven shoe wear and collapse of your shoe toward the inside of your flat foot
- Lower leg pain
- Pain on the inside of your ankle
- Swelling along the inside of your ankle
- Foot pain

By Simone Eisses Foot Forward team
Patient with flat feet tested at our Emed (pedography) and Pedar (in shoe) systems.

No sign of longitudinal arch

By Simone Eisses Foot Forward team
Many young children when first standing appear to have flat feet as the adipose tissue under the medial longitudinal arch is pressed to the ground, the hollow obliterated, and the foot looks flat. This is not pathological and the parents should be reassured. Family history has a role to play in the decision making for the treatment also.

Older children very frequently have flattening of the medial longitudinal arch on standing but the arch reasserts itself on standing on tiptoe – this is the flexible flat foot and no specific treatment is needed beyond encouraging the child to practice toe walking and walking on inverted feet. As the limb matures a normal arch will appear. Orthotics help to maintain the arch and prevent overpronation. In severe cases a casted foot orthotics are strongly suggested.

*Flat foot is often amenable to treatment provided the underlying cause has been diagnosed and is addressed by the management strategy.*

*Treatment:*

By Simone Eisses Foot Forward team
With our Emed (pedography) we will analyze the dynamic way of walking with flat feet.

We will use the measurements to design the insoles to support flat feet and if it is necessary we will also correct the biomechanics.

By Simone Eisses Foot Forward team
**Shoes:** we will recommend specific shoes that offer greater support for the flat foot. We can help you find everything from athletic shoes to dress shoes. And they don’t have to be ugly.

**Strengthening:** we will prescribe specific strengthening exercises for the particular problem.

**Surgery:** flat feet that do not respond to conservative therapies, remain painful, and/or continue to cause other problems, may require surgery. Again, the surgical procedure selected is entirely dependent on the type and severity of flat foot, as well as the age of the patient. And again, we will not consider surgery until all conservative treatment has been exhausted. It’s an individualized surgery that involves a tendon transfer and, depending on where the deformity is, may involve bone fusions or moving the heel bone.”

By Simone Eisses Foot Forward team