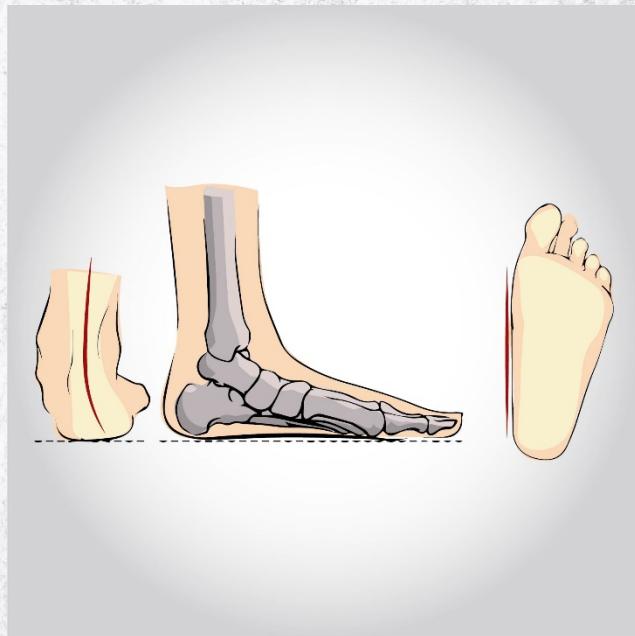


## Flat Feet



- Flat feet (also known as pes planus or fallen arches) are feet that have a flatter arch than usual and appear flat on the ground.
- The condition does not always cause symptoms; but sometimes it can cause pain in the heels, arch, legs, or other parts of the body.
- Treatment can include orthotics, stretching, weight loss, and wearing more supportive shoes.

### Symptoms:

In some cases, they can result in:

- Pain in the heels, arch, legs, or other parts of the body.
- Pain along the posterior tibial tendon on the inside of the foot and ankle. This may also be accompanied by swelling on the inside of the ankle.

- Pain that gets worse with activity: Intense activities like running can be very difficult for some people with flat feet. Some may even have difficulty walking or even standing for long periods of time.

## **When to see a doctor?**

When you have any concerns about your feet or note the following:

- Foot pain, stiffness, weakness, or numbness.
- Problems with walking or balance.
- Not having flat feet before and suddenly noticing them.
- Having one flat foot.

## **Risk factors**

- Obesity
- Injury to your foot or ankle
- Rheumatoid arthritis
- Aging
- Diabetes



## Diagnosis:

- CT scan to examine the bones of the foot.
- An MRI scan to check the tendons in the foot.
- Foot x-ray to check for arthritis.

## Therapy

If your flatfeet are painful, your doctor might suggest:

- **Arch supports (orthotic devices).** Over-the-counter arch supports may help relieve the pain caused by flatfeet.
- **Stretching exercises.** Some people with flatfeet also have a shortened Achilles tendon. Exercises to stretch this tendon may help.
- **Supportive shoes.** A structurally supportive shoe might be more comfortable than sandals or shoes with minimal support.
- **Physical therapy.** Flatfeet may contribute to overuse injuries in some runners. A physical therapist can do a video analysis of how you run to help you improve your form and technique.

