



Foot Types

No two people have the same feet. There are three main categories that foot types can be divided into, each of which have different functions and therefore different associated problems.

Flat feet

This is one of the most common concerns people have about their feet. Many people with flat feet can go untreated without pain, however flat feet can also become symptomatic and can often be the contributing factor to many other foot problems.

The appearance of a "flat foot" is often described as

- Rolling inward at the ankles when standing
- Knees turning inward when standing
- Fallen arches
- Absence of a defined arch
- Duck-like foot position. Toes pointing outward

Common problems include

- Foot and arch pain
- Heel pain
- Knee pain
- Muscle fatigue and soreness
- Injury
- Hip or Back pain

Neutral feet

Neutral feet may often be described as the ideal foot type. They do not excessively roll in or roll out, (pronate or supinate) having an equal balance of each allowing the arch to remain at a constant height when walking. Pain and injury is less common in this foot type.

High arches

High arched feet are on the opposite end of the scale to the flat foot. They lack the ability to absorb shock very well, and they are less able to adapt to uneven terrain or surfaces. Therefore the high arch foot is commonly more prone to injury such as lateral ankle sprains. Due to the lack of cushioning and extreme rigidity of the foot they can often be symptomatic and contribute to many other foot problems. This is correctly referred to as excessive supination.

The appearance of an excessively supinated foot is often described as

- Rolling outward at the ankles when standing
- Feet face straight ahead or slightly intoed.
- Presence of an obvious or extreme arch.

Common problems include

- Foot and arch pain
- Muscle fatigue and soreness
- Pain in heels and balls of feet
- Lateral ankle sprain
- Aching feet
- Instability
- Knee pain



High Arch



Normal Arch



Flat Arch

Treatment for problems associated with these different foot types may include.

- Biomechanical assessment
- Activity modification
- Strengthening exercises
- Cushioning or deflective devices
- Stretching exercises
- Footwear advice
- Orthotic therapy
- Deep connective tissue massage

A Step Ahead Podiatry is Western Sydney's leading foot and ankle clinic. Our highly skilled team are equipped to treat and assess all your foot and ankle needs. Why not call now to confirm an appointment time or check us out on the net.

The information provided here should not be used for the diagnosis or treatment of any medical condition. **This should not be construed as professional advice.** A registered Podiatrist or general practitioner should be consulted. We strongly recommended you contact one of our professional staff for a detailed diagnosis and treatment plan

