



Kids And Flat Feet

One of the most common reasons people present to podiatrists is for the treatment of 'Flat Feet'.

A **'flat foot'** can be described in many ways, **'fallen arches'** **'rolled in ankles'** or **'over pronated'**. This type of foot is relatively common in children. Many children with "flat feet" remain symptom free for many years. However, in many cases if this foot type continues through to adulthood it may become symptomatic and can be a causative or contributing factor for many other foot problems. If in doubt have our professional staff check it out.

Excessive or inappropriately timed pronation ('rolling in') can result in overuse injuries and fatiguing muscles.

The 'Flat' foot type forces the muscles of the leg to work harder than if the foot had the stability of a constant arch.

Function

The foot requires a certain level of pronation 'rolling in' to walk, function efficiently and absorb shock for the body. Alternatively, the foot requires an equally important amount of supination 'rolling out' so that it can propel the body forward as we walk. It is normal for children to lack this ability to form an arch whilst standing, as the bones in their feet are not completely developed. Therefore they lack the normal structure of an adult foot.



Kids feet don't look like adult feet! From birth to around the age of 8 years, flat feet are considered to be relatively 'normal'. During this time a noticeable arch should begin to form.

If the child is presenting with pain, is tripping or unsteady on their feet or if they seem to be fatiguing faster than other children, their toes are clawing onto the ground or you notice they are overly flexible. A thorough assessment by one of our highly qualified podiatrists is recommended. If you have any concerns – Get it checked out.

A Step Ahead has had extensive experience in this area and enormous success in its treatment.

Signs and system

- Foot or arch pain
- Hip pain
- Instability
- Children not willing to participate in sport or normal activity
- Knee pain
- back pain
- Ankle sprains/ injury prone
- Muscle fatigue or soreness
- Clawing toes
- Tripping
- General fatigue

Why flat feet may continue into adulthood

- Genetic predisposition/ hereditary
- Mal-alignment and biomechanical insufficiency
- Localised traumatic injury
- Muscle imbalance

What can we do for you?

Resolution of pain is most often achieved through a combination of treatment modalities.

Treatment may include

- Walk/Run assessment
- Footwear advice
- Strengthening exercises
- Activity modification
- Stretching exercises
- Deep connective tissue massage
- Orthotic/ insole therapy

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.

