

## Information

Physiologic flat feet occur in the neonate and toddler. The appearance of feet is due to the baby fat and also toddlers pronate the feet to gain stability as he or she learns to walk.

Active treatment of flat foot deformity should be reserved for symptomatic feet



Caption describing picture or graphic.

  
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## Flat Feet (Pes Planus)

 **Information for  
parents.**

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## ► Flat feet

Flat feet are common in children when they begin to walk. Normal arch forms in many by 6-7 years.



In children who are fat or loose jointed, flat feet may persist.

Idiopathic Flatfoot

There are three types of flat feet and it is important to distinguish them. The first is the flexible or idiopathic flat foot which one commonly encounters. The second is a flexible flat foot with tight heel cord and the third category is a rigid flat foot

Pathological flat feet are seen in muscular dystrophy, cerebral palsy, spinal anomalies, vertical talus and tarsal coalition.

A simple test is to ask the child to walk on tip-toes or stretch the great toe. If the arch appears, then the feet are flexible.

Some children may also have features of hyperlaxity in elbow, knee and hand.

### Treatment

Flexible flat feet require no treatment. The shape of the arch is uninfluenced by shoe therapy and shoe inserts.

Supports and shoe inserts are useful in a minority of cases when the feet are uncomfortable or if there are skin changes.

Excessive flat feet with heel valgus can cause skin callosities along the inner border of the foot.



Loss of Medial Arch

Contrary to popular belief, flat feet that persist in adult life, do not cause any problems

### Flexible flat feet with tight tendo-achilles

This responds to passive stretching of the heel cord and sometimes serial casting may be required. Shoe inserts here will worsen the condition.

### Rigid flat feet

These usually need surgery to correct the underlying cause.

### X-ray

X-rays are usually required if the flat feet cause pain and are symptomatic.



Rigid Flatfoot

### Special shoes

Custom made shoes are not required for flexible flat feet. There is no scientific evidence that shoes alter the shape of the arch



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