

Flat Feet

Flat feet, also known as pes planus, occurs when the arch of the foot is lowered when standing.

Flat feet do not cause pain or discomfort most of the time. In these cases, no treatment is required.

However, if you have flat feet and do a lot of physical activity, you may feel aches and pain in your feet.

Common contributing factors:



Consult a podiatrist about your flat feet if:



Pain is present along the arch or on the inside of the ankles



You have a history of repeated foot injuries



You have knee or back pain that has been investigated and treated with little improvement

Common treatment options:



Orthoses – Provide more support and reduce strain on painful feet



Footwear – Firm shoes that fit properly can reduce foot strain



Exercises – Specific stretches or strengthening exercises can help improve stability, balance, foot function and reduce pain. These exercises should be prescribed by a therapist.

Other treatment options:



Surgical intervention – Reconstructive foot surgery can be considered if the deformity is severe

For more information, kindly consult your podiatrist.

Scan the QR codes for more information:



NTFGH Podiatry

Look under “Patient Resources” for the following resources and more



Stretches and Exercises to Strengthen Muscles in the Foot



How to Choose Appropriate Footwear



FAQs on Flat Feet