

# WHAT IS A FLAT FOOT?

## Definition

A flat foot is a structural deformity resulting in the lowering of the arch of the foot. This is sometimes referred to as fallen arches. A person with a flat foot or a highly arched foot that is fairly painful is in need of treatment. People with flat feet may have ankle, knee, or low back pain.

## Causes

- Heredity
- Arthritis
- Trauma
- Musculoskeletal disorders

## What Can You Do?

Wear supportive shoes.

## What Might The Podiatrist Do?

- Perform a physical examination and gait analysis.
- Perform x-rays.
- Prescribe custom orthotics.
- Perform surgery as indicated.