

Flexible flat feet

Introduction

The aim of this fact sheet is to answer some of the questions that you or your child may have about flexible flat feet and its management.

What are flexible flat feet?

Most feet have an arch on the inside of the foot; however, some children have flexible flat feet, also known as fallen arches or pes planus. All babies and most toddlers appear to have flat feet due to their "baby fat" which hides the developing arch. Flat feet are normal at these developmental ages. The feet are called flexible because the arch reforms when your child goes up on tip-toes. It can be common for other members of your family to have flat feet.

What is the cause?

Flexibility in the ligaments that hold the bones together causes flexible flat feet. Flat feet occur as often in people who wear shoes as in those who don't wear shoes, so it is not caused by inappropriate footwear.

What problems can occur?

Most children with flexible flat feet do not have any symptoms. Historically, the army would reject soldiers with flat feet; however, it is now known that people with flat feet have no more chance of having foot problems than people with arched feet.



What treatment will be required?

There is no treatment usually needed for the vast majority of children with flexible flat feet. The use of shoe inserts / insoles (orthotics) is not recommended, as these have been found to have no effect on the development of the arch. Orthotics are usually only used for older children who have pain in their feet. This is a very small percentage of the children we see with flexible flat feet. We recommend that the right shoes for your child fit correctly and are comfortable.

What is the natural outcome in a child with flexible flat feet?

The arch on the inside of the foot may begin to develop at age four and should be developed by age 10. If not, your child is likely to have flat feet in adult life. However, again there is no evidence to say they will have more problems than a person with an arch. There are numerous sportsmen and sportswomen and professional dancers with flat feet, who show no disadvantages.

When to refer

If the child is experiencing ongoing foot pain, their foot is 'fixed' and inflexible or there is difficulty with every day functioning due to their foot position.

Summary :Most children with flat feet will not need treatment.

Orthotics (insoles) do not help the development of an arch in the foot any better than a child's natural growth



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