

Flat Feet

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Causes, Symptoms, and Treatment

What are Flat Feet?

Flat feet, also known as fallen arches, is a condition where the arches of the feet are either absent or collapse when standing. This results in the entire sole of the foot making contact with the ground. While some people with flat feet experience no problems, others may develop pain and mobility issues.



Causes of Flat Feet

Flat feet can be caused by various factors, including:

- **Genetics:** Some individuals inherit flat feet from their family.
- **Weak Arches:** Some people have arches that flatten out when standing.
- **Injury or Damage:** Trauma to the foot, such as fractures or ligament tears, can lead to fallen arches.
- **Aging and Wear and Tear:** Over time, the tendons that support the arch can weaken, causing the foot to flatten.
- **Medical Conditions:** Conditions like arthritis, diabetes, or obesity



can contribute to flat feet.

Symptoms of Flat Feet

Not everyone with flat feet experiences discomfort, but common symptoms include:

- Pain in the arch, heel, or ankle
- Swelling on the inside of the foot
- Tired or achy feet, especially after prolonged standing or walking
- Difficulty standing on tiptoes
- Uneven shoe wear due to improper weight distribution

Treatment for Flat Feet

Treatment for flat feet depends on the severity of symptoms. Some common approaches include:

Non-Surgical Treatments

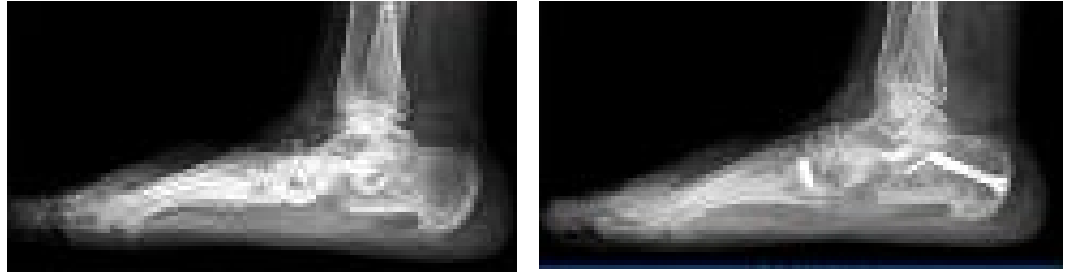
- **Supportive Shoes:** Wearing well-fitted shoes with arch support can relieve discomfort.
- **Orthotic Inserts:** Custom or over-the-counter arch supports can help distribute pressure evenly.



- **Physical Therapy:** Exercises to strengthen the foot and ankle muscles can improve stability.
- **Stretching Exercises:** Stretching the Achilles tendon and calf muscles may reduce strain.
- **Weight Management:** Maintaining a healthy weight reduces stress on the feet.

Surgical Treatment

In severe cases where pain persists despite conservative treatments, surgery may be necessary to correct the foot structure and relieve discomfort.



Conclusion



Flat feet are a common condition that can be hereditary or develop over time due to injury, aging, or other medical conditions. While many individuals experience no discomfort, some may suffer from pain and mobility issues. Fortunately, non-surgical treatments like supportive footwear, orthotics, and exercises can help manage symptoms effectively. In rare cases, surgical intervention may be required. If flat feet cause significant discomfort, consulting a healthcare professional can help determine the best course of action.