



Flat Feet Information Sheet

Does your child.....

- Appear to have flat feet or no arch?
- Have difficulty walking on uneven surfaces or sand?
- Have knock-knees?
- Tire easily while walking?
- Have shoes that are worn on the medial side (not on the outside)?
- Complain of sore feet?

If you answered “**YES**” to any of the above questions, contact your primary physician about how physical therapy can be helpful for you.

- Signs and symptoms of flat feet include: Pain, tenderness or cramping in the foot, leg or knee, outward tilting of the heel, awkwardness or changes in walking, reduced energy when participating in physical activities
- There can be many complications over time with flat feet which include: Inflammation and pain in the ligaments in the soles of the feet. Achilles and posterior tibial tendonitis, shin splints, stress fractures in LE, bunions, calluses, low back pain, hammer toe deformities, knee problems, and plantar fasciitis.
- The arch can affect the knee, hip and spine while in standing position
- Physical therapists are concerned about the proper alignment of the foot and ankle and the possible secondary effects on the surrounding joints and chain of events through the entire body.

How can a pediatric therapist help my child?

1. Professional assessment of muscles, joints, and walking pattern
2. Professional assessment of gross motor development with testing
3. Stretch tight muscles
4. Strengthen weak muscles
5. Recommend foot orthotics if needed
6. Consult with other physicians/specialists who may need to further assess your child need to further assess your child

For an evaluation or for a free consultation please call us!