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Dr. Milton J. Stern, DPM
Patient Education

FLAT FEET (PES PLANUS)

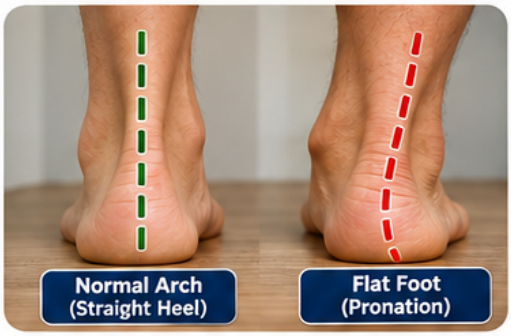
Understanding Causes, Symptoms & Treatment





WHAT ARE FLAT FEET?

A flat foot has a lowered or flattened longitudinal arch. The midfoot appears collapsed and the inside of the foot may contact the ground during standing or walking. Some flat feet are painless and need no treatment; symptoms and function—not appearance alone—guide care.



COMMON SYMPTOMS

- Foot fatigue or tired, aching feet
- Cramping in the feet or legs
- Heel pain (e.g., plantar fasciitis)
- Shin splints
- Bunions
- Corns or calluses
- Excessive shoe wear or breakdown

CAUSES & TYPES

- **Congenital/Developmental Flat Feet** – Present at birth due to developmental factors.
- **Acquired Flat Feet** – Develop later in life and may be associated with injury, anatomical changes, or arthritis.
- **Excessive Pronation** – A common and often problematic type, in which the foot rolls inward during standing or walking, potentially leading to pain and secondary conditions.

WHEN TO SEEK EVALUATION

- Persistent foot, heel, or leg pain.
- A new or progressive flattening of the arch.
- Difficulty walking or decreased activity tolerance.
- A change in only one foot.
- Swelling, instability, or other concerning changes in the foot or ankle.

TREATMENT



- **Custom orthotics** or supportive foot and ankle devices to help control excessive inward motion and support the foot during gait.
- **Footwear** or shoe modifications to improve fit and stability.
- **Physical therapy**, medication, or injections as clinically appropriate.
- **Surgery** only for selected, persistent, painful cases after a thorough evaluation.



HOW ORTHOTICS HELP

- Support the arch and improve foot alignment.
- Help limit excessive pronation (rolling inward).
- Improve overall foot and ankle support during walking and daily activity.
- May reduce mechanical strain and associated symptoms (e.g., foot, heel, and leg pain).
- Individually designed and fitted based on a comprehensive foot and gait assessment.

Not every flat foot requires treatment; consult a foot specialist for persistent pain or progressive changes.