

Flexible Flatfeet

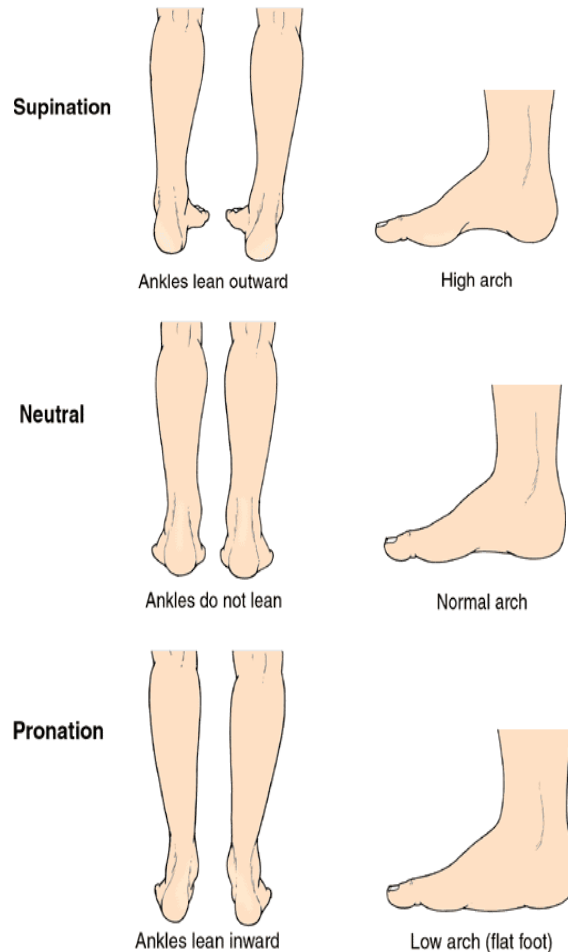
Mark Locke, MD

mark.locke@mooreclinic.com

Flatfeet or Pes Planovalgus is when one or both feet do not have a normal arch. Flatfeet tend to run in families. Most babies feet look flat because the normal arch has not yet formed. Arches form from 1 year to 6 years of age. After age 6 the arch does not change. Ligament laxity causes flatfeet. This makes the arch fall when your child stands up. The feet may look like they have arches when your child stands on his or her tip toes, or when the big toe is bent backward, but the arch flattens when the child puts weight on the foot. This is known as flexible flatfeet.

In painless flexible flatfeet, no positive effects from shoe modifications or inserts on the development of the arch were seen in controlled or randomized studies. However, if your child complains of foot, ankle, or knee pain with flexible flatfeet, shoe inserts have been shown to relieve or diminish these symptoms.

Surgery is indicated for flexible flatfeet with pain. Pain and callus under the head of the planter flexed talus can always be fixed with surgery.



Dr. Locke's clinical care team

Tammie Gillam 227-8176
tammie.gillam@mooreclinic.com

Lacey Davis 227-8158
lacey.davis@mooreclinic.com