



Flat Feet



Have you ever been told, or have you always been aware that your feet are flat?

Flat feet are the postural deformity in which the arches of the foot collapse, with the entire sole of the foot coming into complete or near-complete contact with the ground. In many cases these may be asymptomatic, but flat feet are often an indication that the architecture and integrity is not correct. Your feet support the whole body, and having strong arches is important to your body's health. With a fallen arch, your tendons and ligaments weaken and can cause pain throughout your feet, ankles, lower legs and even further up through to your hips and lower back.

Treatment will often revolve around creating stability. This can be done wearing comfortable and supportive footwear. Wearing the appropriate orthotics can also help distribute and minimize pressure in the foot by providing the additional arch support. Strength and stabilizing exercises can also be incorporated for extra control.

Call 9388 9999