

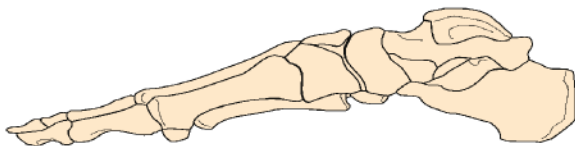
Flat Feet

Flat feet is the loss of the medial longitudinal arch of foot when standing and the foot arch is flattened. Physiological flat feet is commonly found in young children, aged between 2 to 8, because their feet arches have not yet fully developed. After the age of 8, when the feet arches fully developed, the situation will be greatly improved.



Function of foot arch

Foot arch supports our body weight when walking. With the coordination among tendons, muscles and bones, foot arch reduces shock and maintains balance to support our bodies.



Flat feet in children

Children suffering from flat feet do not have any specific symptoms when they are performing daily activities. But in long-term, flat feet will cause pain and fatigue over their feet.

Therefore, children with flat feet might have the following:

- 1 Easily fell down when walking. Unwilling to walk and always wanted to be carried in early childhood.
- 2 The inner side of the heel will be worn out more quickly.
- 3 Prone to have corns over their feet.



In general, flat feet does not require any treatment. Children suffering from flat feet can perform their daily activities as their peers do e.g. running and other exercise. Practicing some foot muscle exercises e.g. using the toes to scratch a towel or a pen from the floor, etc., will help reducing the discomfort caused by flat feet. On the other hand, those complain of leg pain or calf muscle pain, should seek advice from medical professionals.

Choosing the right shoes

When choosing shoes, those that are properly fitted, air permeable, with proper arch support, non-slippery as well as shock absorbent are good for children.

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2013