

# Fight flat feet



**If your feet are feeling a little flat, now you can blame your dad**

Feet that have a low arch or no arch are referred to as 'flat feet'. This type of foot is an inherited characteristic, just like your eye and hair colouring. So if you have flat feet you can blame your family or relatives.

A flat foot occurs due to a "rolling in" at the ankles called pronation. A normal degree of pronation is necessary to allow the foot to function and adapt to walking surfaces, but pronation beyond normal range will produce pain.

Young children may complain about 'tired feet', when what they really suffer from is flat feet. The problem may cause your child to tire quickly after running fast or playing sport, or you may find that they struggle on the family shopping expedition.

Children don't always know how to describe the pain they are feeling. As a result problems like flat feet may go unnoticed.

Adults often experience pain on the inside of the foot below the ankle bone, tiredness or strain along the arch area or even soreness around the outside of the ankle joint due to excess rotational forces.

Flat feet can also cause pain in the shins, knees, hips and lower back due to the poor biomechanical function of the feet during walking and exercise

So what can be done about 'flat feet'? There's good news and bad news. The bad news is that your inherited foot type does not change over a lifetime.

A comprehensive foot exercise program can strengthen the musculature supporting the foot, but in most cases it is difficult to maintain such a regime for life.

The good news is that podiatrists can manufacture custom orthotics which will correct the position of the feet when worn. This will reduce pain and allow the wearer to enjoy life without the pain. For further information see our Foot Fact Flyer on orthotics.

Comfort & Fit are happy to recommend a podiatrist in your area, all you need to do is ask. Alternatively you can telephone one of our stores to obtain some free advice as we have podiatrists in-store every week.



**Five Melbourne Stores: Head Office. Bentleigh: 357 Centre Rd. ☎9557 7520 Frankston: 15 Thompson St. ☎9770 5044**

**Glen Waverley: 58 O'Sullivan Rd. ☎9886 5399 Greensborough: 63 Main St. ☎9432 6344 Niddrie: 368 Keilor Road. ☎9374 4011**

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