

## Flat Feet

### Frequently Asked Questions

#### 01 What happens if I do not have a foot arch?

The arches help to distribute weight across the feet and provide a sturdy yet flexible structure to adapt to different surfaces when you are walking. Having no visible foot arch does not mean that your foot is unable to function adequately.

#### 02 Do my flat feet require treatment?

If you have flat feet and do not experience any pain in your feet, treatment is not necessary. It is likely that the muscles, joints and ligaments in your lower limbs have already adjusted well to cope with the load they are put through. Unnecessary intervention may cause pain and discomfort. For more details on when to see a podiatrist regarding your flat feet, please refer to the **Flat Feet** information sheet.

#### 03 Can I still run if I have flat feet?

If your flat feet are not causing you any pain, you may continue with running and other high impact sports. We recommend that you wear a good pair of sports shoes for such activities.

#### 04 Should I start using insoles to prevent problems with my flat feet?

There is little evidence to show that insoles can prevent foot pain in people with asymptomatic flat feet. Instead, foot exercises to strengthen the structures in the foot, appropriate footwear and maintaining a healthy body weight are recommended to prevent overuse injuries associated with a flat foot structure.

#### 05 My children have flat feet. Should I be concerned?

It is normal for all children to have flat feet. The arches of a child's feet may not fully develop until he or she is between 6 and 10 years old. For more information, please refer to the **Paediatric Flat Feet** information sheet, or consult a podiatrist.

#### 06 Will losing weight help improve my foot structure?

Losing weight will not change the shape or structure of your foot. However, it will reduce the load that your foot bears with each step you take. This provides overstrained structures with some relief and allows for recovery. As such, maintaining a healthy body weight can reduce pain on overworked foot structures.

**07 Do I need surgery to correct my flat foot?**

We do not recommend surgery if you are not experiencing any pain or problems with your daily activities. However, in cases where there is a severe foot deformity or disability, you may wish to explore reconstructive foot surgery. Please speak to an orthopaedic surgeon for more information.

**08 Should I avoid wearing slippers if I have flat feet?**

Yes, most slippers do not have a sufficiently high arch and thus, do not provide enough support for those with flat feet. The lack of support may stress the feet and cause pain. Look for shoes with good support and velcro straps or laces.

