

Flatfoot (Fallen Arch in Adults)

What is it?

Flatfoot happens when the arch of the foot collapses, often due to wear-and-tear of a tendon that supports the arch (posterior tibial tendon).

Common Symptoms

- Pain along the inside of the ankle
- Flattened arch
- Trouble walking or standing for long periods
- Pain on the outside of the ankle in advanced cases

Treatment Options

- Early stages: Arch supports, braces, physical therapy
- Advanced cases: Surgical reconstruction or joint fusion

When to Seek Help

If your arch is collapsing, or walking becomes painful, early treatment can prevent long-term damage.