

Pes Planus (Flat Foot)



Flat Foot

Pes Planus is the loss of the inside (medial) arch of the foot. It can be flexible or rigid. The condition may be lifelong, or acquired through time, inflammation or other musculoskeletal problems.

Collapse of the arch turns the heel outward in relation to the cone like bone at the ankle (talus), so that the foot actually pronates or flattens.

Affected patients usually also can demonstrate 'hyper-pronation' (rolling out of the heel):

- Knee Pain
- Stretching of the soft tissues behind the inside ankle bone (medial malleolus)
- Tension on tendons and nerves in that area resulting in a tendonitis (inflammation of the insertion) or tendonosis (inflammation to the tendon itself).
- Stretching of the spring ligament,
- Tension of the Posterior Tibialis tendon (key to holding the arch up)
- Tension of the plantar fascia, leading to plantar fasciitis.
- Bunions
- Inflammation to the metatarsals can occur.

There are two types of Flat Feet:

Non-Rigid Planus: There is where there is extreme laxity in the foot

Rigid Pes Planus: The flattened foot does remains flat in all positions

Orthotic Intervention:

- **A deep Heel Cup to control outward movement of the heel**
- **Identifying the precise anatomical arch through palpation and casting accordingly in a non-weight bearing position**
- **Rigid material for Non-Rigid Pes Planus; softer for Rigid Pes Planus**
- **Wedging to the inside area of the bottom of the orthotic**
- **Support to the metatarsal bones to offload pressures in that area.**

