

Pes Cavus (High Arched Foot)



Pes Cavus foot is a condition in which the foot has a very high arch. Because of this high arch, an excessive amount of weight is placed on the ball and heel of the foot when walking or standing.

Signs and symptoms, such as:

- Pain,
- Instability, and
- Outside ankle sprains.
- It can develop at any age, and can occur in one or both feet.
- Hammertoes (bent toes) or claw toes (toes clenched like a fist)
- Calluses on the ball, side, or heel of the foot
- Pain when standing or walking
- An unstable foot due to the heel tilting inward, which can lead to ankle sprains

Cavus foot can be caused by a neurologic disorder or other medical condition. In other cases of cavus foot, the high arch may represent an inherited structural abnormality.

If the high arch is due to a neurologic disorder or other medical condition, it is likely to progressively worsen. A cavus foot that does not result from neurologic disorders usually do not change in appearance.

Some people with cavus foot may also experience foot drop, a weakness of the muscles in the foot and ankle that results in dragging the foot when taking a step. Foot drop is usually a sign of an underlying neurologic condition.

Recommended Orthotic Construction:

- **Soft support of the arch**
- **A heel raise**
- **Wedging of the lateral (outside part) part of the orthotic for stability**
- **Metatarsal (ball of the foot) support**

