

Having a High Arch (Cavus Foot): Too Much of a Good Thing

Low Versus High Arches

- Flatfoot: fallen (low) arch
- Cavus foot: very high arch
- Both cause symptoms and problems

Cavus Foot

- Less common than flatfoot
- High arch places excessive pressure on
 - Ball of the foot
 - Heel of the foot
 - Outer side of the foot
- Troubling consequences

Variations in Cavus Foot

- Not all cases are the same
- The arch's structure impacts how the foot functions (biomechanics)

What Causes Cavus Foot?

- Different causes
- Neurological disorder
 - Cerebral palsy, muscular dystrophy, stroke, etc.
- Other medical condition
- Inherited structural abnormality

Causes of Cavus Foot

- Due to neurological or other medical disorder
 - Arches usually worsen over time
- Due to inherited structure
 - Arches usually do not change

Signs and Symptoms of Cavus Foot

- Very high arch
- Pain when walking or standing
- Hammertoes
- Calluses
- Frequent ankle sprains
- Foot drop
- Difficulty fitting into shoes

Diagnosing Cavus Foot

- Family history
- Foot examined
- Gait observed
- Basic neurological testing
- Referral to neurologist may be ordered
- X-rays may be taken

Nonsurgical Treatment Options

- Orthotics
- Shoe Modifications
 - High-topped
 - Heels a little wider on the bottom
- Bracing

Surgical Treatment

- May be necessary to decrease pain and increase stability
- Surgeon will consider your individual case

Let a Foot and Ankle Surgeon Bring You High Relief for Your High Arches

(Place DPM's contact info here)



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