



The Dangers Of Children's Flat Feet

Flat feet are common in children just like they are among adults. If a child's feet are still flat by the age of seven, they will likely be that way their entire life.

Children can develop pain in their feet or legs from being flat footed as young as five years old. Pain can certainly be more prevalent as a child becomes more active. Just playing on the playground can cause discomfort, but certainly being involved in sports such as soccer, basketball and football can lead to pain. Oddly, kids rarely complain of pain. They just get "tired" or you may notice that they "run funny".

Besides pain, flat feet can lead to a whole host of problems for kids just like it can for adults. Some of the problems are: Bunions, Hammertoes, Bone spurs, Plantar fasciitis, Arthritis, Knee pain, Back pain. But the most common problem for kids is avoidance of activity. They become couch potatoes.

It's important to be proactive when addressing flat feet... especially when there is pain. It's equally important to address them when there's a family history of any of the conditions listed above.

The first step is to make sure the child is wearing shoes that have good support and stability. Brand-name athletic shoes such as New Balance and Asics are highly recommended.

Orthotics Stop "Growing Pains"

The next and probably most important step is an evaluation by a Podiatrist. Most often, custom inserts, in the form of orthotics are indicated. Putting the feet in the most ideal alignment usually eliminates pain in the feet and legs. Orthotics can also help prevent common foot deformities that are mostly hereditary.

There are many cases where a diagnosis of "growing pains" was made and the symptoms stopped when custom inserts were made and worn consistently.

If your child or grandchild is complaining of pain in their feet or legs, don't ignore it. When the cause is flat feet the remedy is typically quite easy. If your child's pediatrician mentions growing pains don't settle for this diagnosis. Definitely consult with a podiatrist to discuss the benefits of custom inserts.



Your Next Step for Healthy Feet



Your Next Step For Healthy Feet: www.NextStepFoot.com

Pain in Children's Feet and Legs Isn't Normal

If you hear of someone talking about their child's feet or legs hurting....

Let them know it isn't normal.

Give them the information for Next Step Foot & Ankle Clinic and we will find a simple solution to end the pain.

If the pain is from flat feet, addressing it early can lead to prevention of common genetic foot conditions.



2 Types of Children's Flat Feet

Flat feet are relatively common in children. It takes time for supporting muscles and tendons to strengthen and tighten, giving the arch its permanent, natural shape. However, some children never do develop a permanent arch, and this can lead to pain, injury, and fatigue—especially when the child reaches 8 or 9 years of age.

There are two broad categories of pediatric flat foot:

Flexible: In this case, the arch flattens when weightbearing but may reappear when sitting or standing on tiptoes. Conservative treatments like orthotics, stretching and arch supports are typically prescribed initially. However, there is no evidence that these conservative measures are unsatisfactory at resolving patient's symptoms. Surgical correction is a consideration and can be quite successful and life-changing.

Some of the common conditions we see in children's feet are ingrown toenails, shin splints, excessively flat feet, warts, and pain at the back of the heels, or Sever's disease.



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