



## Flatfeet

Parents worry about flatfeet, but... flatfeet are normal in infants, children and adults. Special shoes, inserts, wedges, or exercises do not create an arch in a child with a flexible flatfoot.



### Did You Know?

One in five children never develops an arch. Most adults with flexible flatfeet have strong, pain free feet.



Most children have low arches because they are loose-jointed. The arch flattens when they are standing and their feet seem to be rolled in and their feet pointed outward.



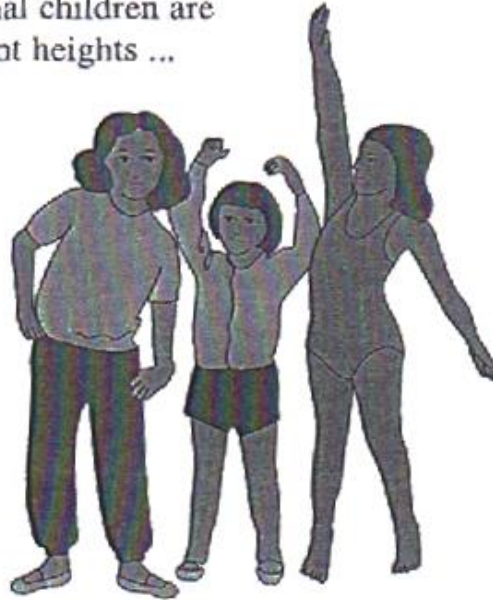
The arch can be seen when these feet are hanging free or when the child stands on her toes.





# Flatfeet


Just as normal children are of different heights ...



...normal arches have different heights, too!



**Did You Know?**  
Wearing a pad or insert under the arch of a simple flexible flatfoot can make the child less comfortable...and it's a waste of money!



The physician is concerned if the flatfoot is:



But the physician is most concerned about a high arch because it is most likely to cause pain later.

