

Flat Foot
(Pes Planus)

A dropped foot imbalance, known medically as a Pes Planovalgus, or Pes Planus foot deformity, indicates a foot with very poor alignment to the floor. The Pes Planus foot is excessively pronated under the stress of weight, which means that it has rolled in so much that there's not much of an arch. Flat feet are normal in babies and toddlers because the arches in their feet haven't yet developed. The foot arch develops throughout childhood for most individuals, however some will never develop arches in their feet and can endure this for life. Forefoot ABduction (turning out of the front of the feet, or “duck feet”) is very common with a pronated foot deformity.

The Pes Planus foot is the most hypermobile or flexible of all the foot-types. This hypermobility leads to greater instability throughout the foot and ankle that also affects the rest of the body. These feet look “very flat” at an early age, and can only worsen into adulthood. This severe instability also makes it difficult to develop and maintain core strength throughout the legs and trunk. Muscles need to work “overtime” to do the same job as someone with better foot-posture, better functioning feet, and this issue drastically increases energy expenditure. This foot-type causes a lot of damage to the forefoot during propulsion, as the ball and toes are forced out of natural alignment. Because of this severe instability, these feet tend to wear out prematurely and get more damage and general “wear and tear”, compared to a better functioning foot type.

Pes Planus malformation usually leads to other foot deformities. Common complaints for the flat foot foot type include: ankle, medial arch & heel pain, dropped midtarsal bones, claw & hammertoes, bunions & bunionettes, hallux limitus, Mortons Neuroma, and painful corns and calluses. If you want to prevent your feet wearing out prematurely and avoid a lot of the foot problems that are commonly associated with the Pes Planus condition and advancing age, then this is your best argument for getting custom molded foot orthotics early and improving your foot function.

In a lifetime, most people walk the equivalent of three times around the Earth, so no matter how many miles your feet have on them, there are steps that can be taken to make sure that they will last you a lifetime. Feet are often the most neglected part of our bodies and unfortunately, it's often not until they start having problems that we pay any attention to them. So please don't hesitate to give your feet the attention that they deserve, the rest of your body will also thank you for it.