

Flexible Flatfoot

What Is Flatfoot?

Flatfoot is often a complex disorder, with diverse symptoms and varying degrees of deformity and disability. There are several types of flatfoot, all of which have one characteristic in common: partial or total collapse (loss) of the arch.

Other characteristics shared by most types of flatfoot include:

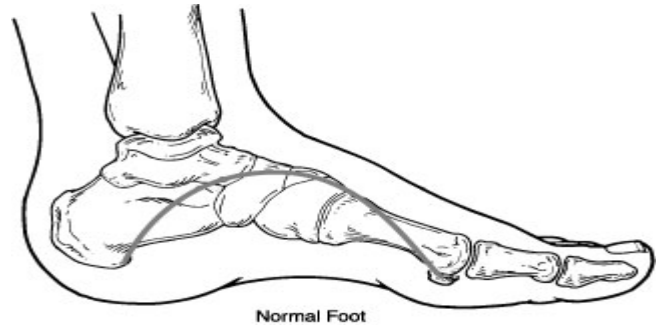
- “Toe drift,” in which the toes and front part of the foot point outward
- The heel tilts toward the outside and the ankle appears to turn in
- A tight Achilles tendon, which causes the heel to lift off the ground earlier when walking and may make the problem worse
- Bunions and hammertoes may develop as a result of a flatfoot.



Flexible Flatfoot

Flexible flatfoot is one of the most common types of flatfoot. It typically begins in childhood or adolescence and continues into adulthood. It usually occurs in both feet and progresses in severity throughout the adult years. As the deformity worsens, the soft tissues (tendons and ligaments) of the arch may stretch or tear and can become inflamed.

The term “flexible” means that while the foot is flat when standing (weight-bearing), the arch returns when not standing.



Symptoms

Symptoms, which may occur in some persons with flexible flatfoot, include:

- Pain in the heel, arch, ankle, or along the outside of the foot
- “Rolled-in” ankle (over-pronation)
- Pain along the shin bone (shin splint)
- General aching or fatigue in the foot or leg
- Low back, hip or knee pain.

Diagnosis

In diagnosing flatfoot, the foot and ankle surgeon examines the foot and observes how it looks when you stand and sit. X-rays are usually taken to determine the severity of the disorder. If you are diagnosed with flexible flatfoot but you don't have any symptoms, your surgeon will explain what you might expect in the future.

Call to schedule your appointment today.

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