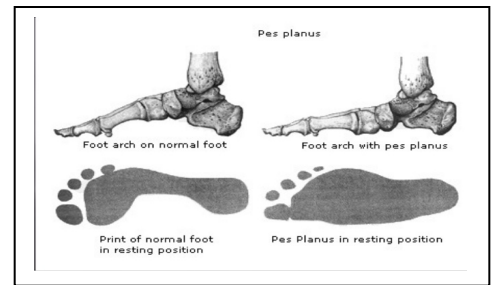


# Children's Bone and Spine Surgery

## Pes Planus (Flat Feet)



### What is Pes Planus?

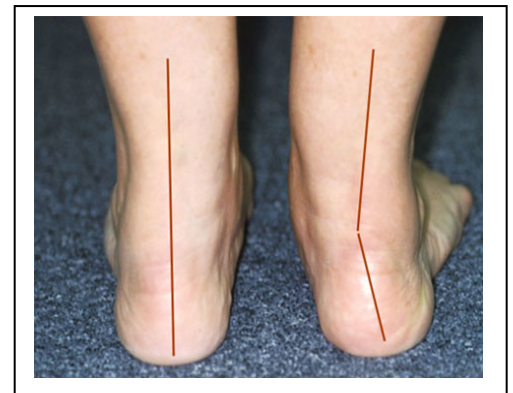
- Pes planus is the medical term for flat feet.
- There are two different types of flat feet:
  - Flexible flatfoot: Arch is present when standing on toes but disappears when standing with foot on the ground.
  - Rigid flatfoot: No arch is present regardless if patient is weight bearing or sitting.

### Causes:

- Flat feet can be caused by:
  - Genetics, being born with flat feet.
    - Children are born with flat feet.
  - Tarsal coalition
    - A condition where the joints bridge or grow together restricting movement of the joint.
  - Accessory navicular bone
    - An extra bone that can cause weakness and support of the medial arch.
  - Ligament laxity
    - Marfan Syndrome
  - Overall health of patient
    - Obesity
    - Diabetes

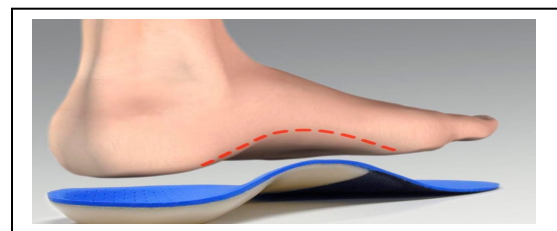
### Signs and Symptoms:

- Patients with natural flat feet rarely complain of pain in the foot.
- Patients that have flat feet will complain of:
  - Foot fatigue
  - Tired/sore feet from walking around and doing daily activities
  - Ankle pain without a mechanism of injury
  - Residual pain can be felt in the shins, knees, hip and back



### Treatments:

- Treatments for pes planus consist of:
  - Patients may benefit from store bought or customized foot orthotics to wear in ALL shoes.
    - Orthotics are beneficial to maintain proper alignment
    - Decrease the possibility of worsening pain and further complications
  - Patients and athletes are encouraged to wear supportive shoes with appropriate support
    - Functionality over fashion
    - Avoid Nike Free, Vans, Converse



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