

**THE SOLUTION****Effective Treatment Options****Footwear advice**

- In many instances, simply replacing a child's footwear with something more appropriate can bring a great deal of relief from symptoms.
- First and foremost, both feet should be measured for length and width to insure they are wearing the correct size. An incorrect shoe size can lead to foot pain as the foot's proper movement pattern is impacted.
- For children with flat feet, shoes that provide greater stability throughout the arch area are ideal. The shoe must also be able to flex at the ball of the foot and not with-in the arch to allow for correct walking mechanics.

Stretching

When Achilles tendon tightness is the cause of flat feet, a stretching protocol can be an effective means of loosening the soft tissues in the area to allow for improved flexibility and arch formation.

Over the counter insoles (OTCs)

For children with flexible flat feet who are experiencing discomfort, an over the counter insole in combination with appropriate footwear can be very successful at relieving their pain. Over the counter insoles provide support to the arch area of the foot allowing the muscles and joints to experience less strain and pressure.

Footwear modifications

In skates, ski boots or soccer shoes, where space may be limited, modifications to the footwear can be done to insure proper support while participating in all types of activities.

Custom made orthotics

In symptomatic cases where footwear and OTCs alone are not sufficient to relieve pain or to correct foot function; custom made orthotics is the gold standard for treatment. A wide variety of orthotics can be created with features to relieve the symptoms associated with many foot conditions.

BioPed's Clinical Specialists:

BioPed clinicians are specialized in the casting, manufacturing, fitting and modification of many types of custom made orthotics. They can also make recommendations on proper footwear, over the counter insoles and stretches.

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Flat Feet in Children



From the time they are born, virtually all babies have flat feet. Their feet will develop and their arches will gradually form over the first decade of their life. For this reason, flat footedness in children is often considered to be perfectly normal unless accompanied by other factors.

Whether a child requires treatment is primarily determined by the following key signs and symptoms: Are they experiencing any pain or discomfort? If they are not experiencing pain or discomfort, is their arch height improving or worsening over time? Are there any muscular, joint or neurological concerns?

If a child has flat feet without pain or discomfort or any other more serious concerns, they often do not require treatment. Should they be symptom free, but exhibit other structural concerns, they will be monitored and possibly treated over time. In the rare cases whereby muscular, joint or neurological concerns exist, treatment will be necessary.

CAUSES & SYMPTOMS

Causes

- A part of normal development
- Genetics: Parents with flat feet are more likely to have children with flat feet
- Fusion of two bones- From time to time, a child may be born with two bones that are joined together that cause a flattened arch.
- A short or tight Achilles tendon (tissue at the back of the heel)
- In more serious but rare cases, it may be due to a neurological disorder or an arthritic condition.



Normal arch



Flat arch

Symptoms

- Pain and tenderness in the heel or arch of the foot
- Leg pain
- Hip and Knee pain
- The child withdraws from physical activity due to pain