

## **Flat Feet**

- Most children under age 4 have flat feet and develop an arch by age 11.
- Painless flexible flat feet DO NOT require treatment
- Footwear and/or orthotics do not help form an arch.

Flexible Flat Feet: Feet appear flat in standing but an arch can be seen when:

- Child rises on tip toe
- Child is sitting (feet non-weightbearing)
- Big toe is lifted when child is standing

If function is age appropriate and child has NO PAIN there is NO NEED for onward referral.

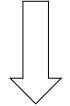
If concerns about function eg. unable to balance on one foot, unable to jump/hop

OR if complaints of pain...

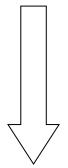
Refer to Community
Paediatric

Physiotherapy

rare): Feet appear flat in standing and no arch is ever seen in any other position (tip toe, sitting, when big toe lifted)...



Refer to
Orthopaedic
Service



- Provide parental reassurance.
- 'What Parents Need to know'
   (Staheli) handout