



## 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

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

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 Orthopaedic Service

Refer to Community Paediatric Physiotherapy

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