

Pediatric Flat Feet



Mild to moderate pronation,
unstable foot positions

Improved foot alignment
and steadier gait

There are 2 types of flat feet (flexible and non-flexible), we will discuss the flexible flat foot, which is more common in the pediatric population

- ❖ Flexible flat feet typically improves with age and is part of normal development!
 - At 18 months old, 97% of typically developing children have flat feet
 - At 3 years old, 54% of typically developing children have flat feet
 - At 6 years old, 24% of typically developing children have flat feet
 - If still present at 10 years old, natural resolution isn't likely
- ❖ Most children experience no adverse symptoms (i.e. painfree), but if foot or ankle pain develops with play or daily activities, talk to your pediatrician or PT
- ❖ More likely to occur with increased body weight, male gender, wearing shoes at a young age, family history (i.e. genetic predisposition), W sitting

Evidenced Based Practice

- ❖ Ultimately, the decision to introduce orthotics is up to a Certified Orthotist, a Physician, your Pediatric Physical Therapist and YOU! Your PT will base this decision on;
the best research evidence + clinical expertise + your values and preferences

How can you and your PT help?

- ❖ Strengthening (i.e. barefoot walking on sand/grass), stretching, balance training guided by your PT
- ❖ Recommending appropriate supportive shoes or high top sneakers when on firm surfaces
- ❖ Encouraging a healthy lifestyle for your child! That includes a healthy weight and limiting screen time
- ❖ Your PT may recommended a shoe insert or other bracing method

