

Foot care For Flat Feet

It is thought that around 20% of the world's population has flat feet issues or fallen arches

Flat feet is a condition for which your longitudinal medial arch is lost, partly or entirely (meaning both feet fall flat to the ground). Fallen arches or Flat feet does not usually need medical attention unless one experiences pain or discomfort in the feet or elsewhere in the body as a consequence. Some may already beware of their fallen arches. A way to confirm it is to observe the wear pattern on the soles of your shoes, or paint the soles of your feet and walk over plain paper to identify whether an arch is present.

If you suffer pain with your flat feet it may be that there is strain placed on other joints such as the hip and knees. It is best to consult your doctor or physician if you believe you require corrective treatment or pain medication to handle the condition.

Flat feet is often diagnosed in childhood and should your arches have fallen recently it is essential you consult a doctor, as there may be an underlying condition. Some causes of fallen arches include:

- genetic factors, as flat feet can pass from parents to children in the genes
- weak arches, meaning that the arch is visible when a person sits but the foot flattens onto the ground when they stand
- foot or ankle injury
- arthritis or rheumatoid arthritis
- damage, dysfunction, or rupture of the posterior tibial tendon
- nervous system or muscle diseases, such as cerebral palsy, muscular dystrophy, or spina bifida

If you have flat feet you may struggle to find footwear due to the nature of the spread. Without the arch structure you may feel your feet are too wide for an average fit. So this is something to consider when shopping for shoes.

In the long-term flat feet can lead to other conditions which is why it's absolutely imperative to reduce the chances of this happening and select footwear which is appropriate.

Misconception

There is a common misconception about flat feet and it does sound very credible so I completely understand! This misconception is that flat shoes are perfect for flat feet. **WRONG.**

It is understandable for you to assume that if your feet are flat wide to wear flat and wide shoes. You are likely doing more harm than good. Poorly constructed footwear which offers little to no arch support is doing you no favours.

Do your research!

You don't want to fall into the "arch support" trap. This usually occurs in sandals. If you have flat feet flip-flops could be one of the worst choices regardless of how comfortable you may find them. There is absolutely no support! Dr Tom Lembo states "sandals inherently lack some of the most important structures of a regular shoe i.e. a back and laces, they still may not be supportive enough for someone with flat feet."

If you are worried about falling down this trap you can get some specialist insoles made to fit perfectly for your feet. This way you can inset them into your shoes without worrying they are not fit for purpose. It is essential to look out for:

- Lace up shoes
- Proper Arch support
- Shoes with a back and back stiffener
- Extra width



Flat feet



Normal feet

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I have used an inside foot image of our [Percy Stride Chestnut Oxford shoes](#) to display how a traditional handmade shoe gives natural arch support to the wearer.

You can see inside the ring there is a gradual arch in place created to shape the foot in a healthy and supportive manner. Simply guiding the foot into the correct position. To view the entire [Percy Stride Range](#) [click here](#).



When you are choosing ANY footwear this arch support is paramount. Select a shoe with proper arch support for you or choose a shoe which provides support due to construction or that you can then put an insole or insert into.

You will not get this support if the shoe is not created in a quality manner by reputable supplier. An online retailer should be able to provide you with a detailed description of the construction of their footwear and list the components you require are in place.

Your foot needs structure and stability!

Custom insoles can be ordered online, bought over the counter or customer made, we always suggest the latter but we have compiled some different options for you:

[Foot Solutions](#) - create custom insoles as well as offering a range to purchase online. You can book an appointment at one of their 3 locations

- Glasgow
- Richmond, London
- Plymouth

[Special Footwear](#) - Specialising in diagnosis and creating customer insoles and footwear, offering free consultations from their London studio

In addition to orthotic options, you can source a biomechanist who specialises in gait analysis, posture and motion. If your flat feet are causing distress and affecting your walking/motion a full analysis will benefit you.

By having a full outlook on your spinal health you can have a better understanding of what you require in regards to your footwear in the future.

We recommend:

[CiONE Wellness](#) located in Loughborough and London is a friend to Percy Stride and a leading specialist in the area of biomechanics.

You can read more from us about foot-health via the following links:

[What are the healthiest shoes for your feet?](#)
[Do I have wide feet?](#)