

### Flat Feet Problem

It's common to hear people say they have flat feet. What kind of problems might this cause?

Overpronation is one of them. When a person overpronates, his or her foot rolls inward when taking steps. The arch then starts to flatten, which stresses other parts of the foot and can contribute to other foot problems, including heel spurs and tendonitis. Obesity, pregnancy, or a lot of pounding on feet can contribute to flat feet. To see if you have flat feet, take a look at your shoes at eye level and see if the sole is worn evenly. People with flat feet will wear one side of the sole out, closer to the heel, sooner than the other.

Hint: People with flat feet should wear shoes with a firm heel counter.

If you would like more information about flat feet and its effects on the feet as well as the rest of the body, please feel free to give us a call. We'll answer your questions, explain your options, and make sure you always play an active role in your treatment - the quickest way to recovery and return to normal activity. Specializing in custom molded orthotics.