

PATIENT EDUCATION · COMMON FOOT & ANKLE CONDITIONS

Flat Feet

Flat feet (flatfoot) means the arch of the foot is lowered or absent, so more of the sole contacts the ground. Some people are born with flexible flat feet; others develop fallen arches in adulthood, often from posterior tibial tendon dysfunction — a weakening of the tendon that supports the arch. Flat feet don't always cause problems, but painful flatfoot can lead to aching arches, heel pain, ankle rolling, shin pain, and even knee or back discomfort. Progressive adult flatfoot deserves early attention, because it tends to worsen over time.



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At a Glance

Focus area	Common Foot & Ankle Conditions
Goal of care	Flat feet (flatfoot) means the arch of the foot is lowered or absent, so more of the sole contacts the ground.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Anyone with aching arches, heels, or ankles
- Patients who notice their arch flattening or foot widening over time
- Parents of children with flat feet who have pain or activity limits

How We Evaluate

- Examination of the arch, tendons, and gait
- Weight-bearing x-rays to assess alignment when needed
- Assessment of flexibility versus rigidity of the deformity

When to Seek Care

- Arch or ankle pain with standing or activity
- A visibly changing or collapsing arch
- Shoes wearing out unevenly or rapid fatigue when walking
- A child with flat feet who complains of pain or avoids activity

Treatment Options

- Custom orthotics and supportive footwear
- Stretching and strengthening programs
- Bracing for progressive adult flatfoot
- Reconstructive options for select patients with advanced deformity

What to Expect

1

An assessment of whether your flatfoot needs treatment at all

2

Support strategies matched to your activity and goals

3

Monitoring to catch progression early

Common Questions

Are flat feet always a problem?

No — many people with flexible flat feet never have symptoms. Treatment is for painful or progressive flatfoot, or when it affects how you move.

My arch fell as an adult. Why?

Adult-acquired flatfoot is most often caused by weakening of the posterior tibial tendon. It's progressive, so early support and treatment protect the foot's structure.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov
- American Podiatric Medical Association — apma.org

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.