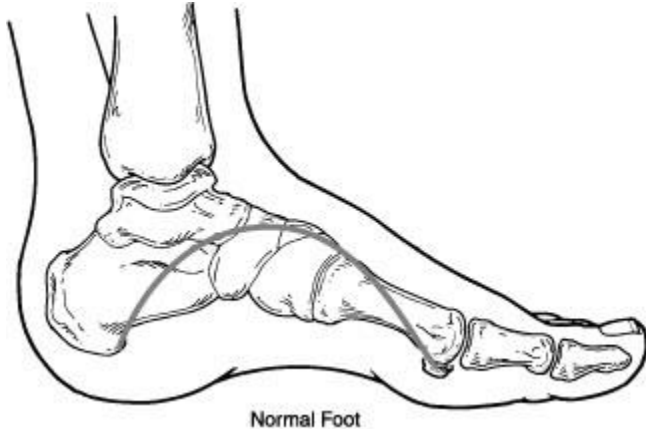


Kyle S. Peterson, DPM

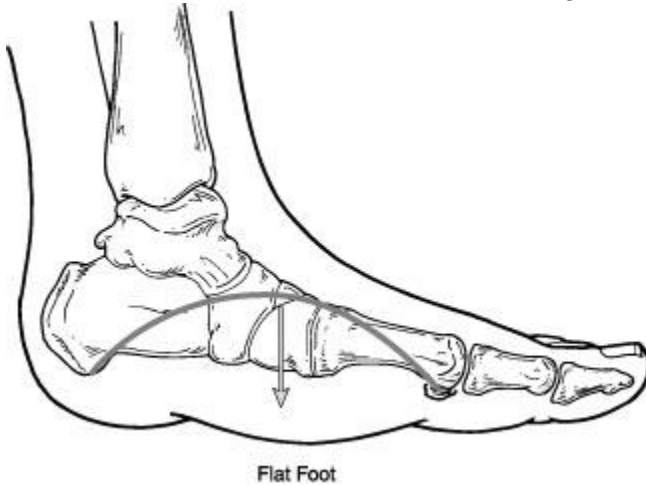
Fellowship-Trained Foot and Ankle Surgeon
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Flexible Flatfoot



- A short Achilles tendon, which causes the heel to lift off the ground earlier when walking and may act as a deforming force.
- Bunions and hammertoes may occur in some people with flatfeet.

Health problems such as rheumatoid arthritis or diabetes sometimes increase the risk of developing flatfoot. In addition, adults who are overweight frequently have flatfoot.



Flexible Flatfoot

Flexible flatfoot is one of the most common types of flatfoot. It can begin in childhood or adolescence and continues into adulthood. It usually occurs in both feet and generally progresses in severity throughout the adult years. As the deformity worsens, the soft tissues (tendons and ligaments) of the arch may stretch or tear and can become inflamed.

The term "flexible" means that while the foot is flat when standing (weight-bearing), the arch returns when not standing. In the early stages of flexible flatfoot, arthritis is not restricting motion of the

arch and foot, but in the later stages arthritis may develop to such a point that the arch and foot become stiff.

Symptoms, which may occur in some persons with flexible flatfoot, include:

- Pain in the heel, arch, ankle, or along the outside of the foot.
- "Turned-in" ankle.
- Pain associated with a shin splint.
- General weakness/fatigue in the foot or leg

Diagnosis of Flexible Flatfoot

In diagnosing flatfoot, Dr. Peterson will examine the foot and ankle and observe how it looks when you stand and sit. X-rays are usually taken to determine the severity of the disorder. If you are diagnosed with flexible flatfoot but you don't have any symptoms. You and Dr. Peterson can discuss what you might expect in the future.

Treatment Options

If you experience symptoms with flexible flatfoot, Dr. Peterson may recommend various treatment options, including: **Activity modifications, orthotic devices, immobilization, medications, physical therapy, shoe modifications, and possibly surgery**

Flatfoot Surgery

A variety of surgical techniques is available to correct flexible flatfoot. Your case may require one procedure or a combination of procedures. All of these surgical techniques are aimed at relieving the symptoms and improving foot function. Among these procedures are tendon transfers or tendon lengthening procedures, realignment of one or more bones, joint fusions, or insertion of implant devices.

In selecting the procedure or combination of procedures for your particular case, Dr. Peterson will take into consideration the extent of your deformity based on the x-ray findings, your age, your activity level, and other factors. The length of the recovery period will vary, depending on the procedure or procedures performed.

