

# **PES PLANOVALGUS (Flat Foot)**

Pes planovalgus (ie, flatfoot) is a common condition among young children and also is encountered in adults. In children, congenital pes planus typically resolves with age as the foot musculature strengthens. Flexible pes planus is defined as a normal arch during non-weight-bearing activity or tiptoeing, with a flattening arch on standing. In rigid pes planus, the arch remains stiff and collapsed with or without weight bearing. Patients with rigid pes planus should be referred for subspecialist treatment. Patients with flexible pes planus, in the absence of signs of rheumatologic, neuromuscular, genetic, or collagen conditions, should be treated conservatively. Asymptomatic children should be monitored and maintenance of a healthy weight should be encouraged. Surgical intervention for refractory symptomatic pediatric pes planus may be considered but there is little evidence to support it. Several etiologies of acquired pes planus in adults have been identified as posterior tibial tendon dysfunction. Clinical and x-ray evaluation can assist in staging the condition and guiding treatment decisions.

A Podiatrist can reduce the symptoms through conservative treatments; advise appropriate shoes and exercises, he can prescribe custom made orthotics and rest or advise surgery when recommended. The correct foot position will help avoiding the risk of further problems, especially in severe cases and for further deformity especially in children.

The flat foot may impact on quality of life: pain and stiffness may cause disability and limitation at any age. There are many conservative and simple ways to reduce pain and limitation. The Podiatrist will evaluate your condition and advise or treat if needed.

References:

## **1. Foot and Ankle Conditions: Pes Planus**

[Charlie Michaudet](#) <sup>1</sup>, [Katherine M Edenfield](#), [Guy W Nicolette](#), [Peter J Carek](#)

Foot and Ankle Conditions: Pes Planus - PubMed (nih.gov), 2018 Feb

## **2. Flat Foot in a Random Population and its Impact on Quality of Life and Functionality**

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