

**Here at Simply Feet - we like to look at everything in a simple way!**

The Traffic Light symbol above indicates the way you should approach this condition. **Amber means that you can begin treating this condition yourself. However, you should seek professional help if you want reassurance that what you are doing is correct or if the condition fails to improve within a short time.**

So, let's approach your problem in a methodical and logical manner, so that you can gain some knowledge about your condition. After reading a little about it, you can decide on the best course of action.

Remember this advice is for **guidance only** and if you are in any doubt at all, please consult your HPC Registered Podiatrist, Physiotherapist or your GP.

Fallen Arches

What is it?

Think of an old fashioned standard lamp, you know the one with a circular base that stands on the floor.

Well, your feet placed together are the same as that standard lamp's base – they support the rest of the structure above it, taking most of the pressure around the outside of the base.

If that base is not steady, then you could have problems supporting your body.

Arch pain is caused when this important structure does not behave as it should and you will feel pain along the bottom and inside of your feet.

Some Common Causes

- "Flat Feet" can be with you from birth, or may develop from a very early age. Think of the standard lamp base again – your feet can roll inwards and instead of the supporting forces being felt around the outside of the base this rolling inwards causes the pressure to be felt towards the middle of the base along the inside of each of your feet. This will cause pain along your arch.
- Weakened muscles due to ageing or heavy strain placed on your feet.
- Unstable feet.
- Standing or walking for long periods in high heels.
- Wearing shoes that do not provide proper arch support.

The Main Symptoms are:

- Swelling and painful tenderness of the band of ligaments that run from your heel to the ball of your foot (Plantar Faciitiis)
- You will find it very difficult to walk properly without feeling discomfort.
- Your feet may turn outwards at the ankle.
- As well as arch pain you may have pain in your ankles, knees and even your lower back area.

Some suggested treatment programs:

- Avoid wearing high heel shoes as much as you can.
- Try and buy as good quality shoe as you can – you need support along the inside of your foot.
- Corrective Devices (Orthotics) – these will help realign your feet and allow the pressure you feel as you stand to be directed towards the outside of your feet where it should be felt.