All babies are born with flat feet and develop arches as they grow. The arch in a child's foot does not
develop until around age 7. Flat feet often run in families. No special shoes or braces are needed, but
shoes should be supportive (an arch support is helpful) and must fit properly. Older children with painful
flat feet may need to see a primary care physician.

CAUSES AND RISK FACTORS

Flat feet are a normal condition that many times runs in families. Children with flat feet may have
increased flexibility.

DIAGNOSIS AND TESTS

A diagnosis is made by a physical exam from a health care provider. The doctor may recommend x-rays.

TREATMENT AND CARE

Flat feet usually do not require treatment.

LIVING AND MANAGING

Children should wear shoes with soft arch support which can be purchased at local sporting goods
stores. For sports, use turf shoes instead of cleats.

Need an appointment or have questions?
Call 832-822-3100 for the Main Campus Clinic and Health Centers.
For our West Campus location, call 832-227-7678.