

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 is 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.