

Your Child has Flat Feet...So Now What?

Age and flat feet:

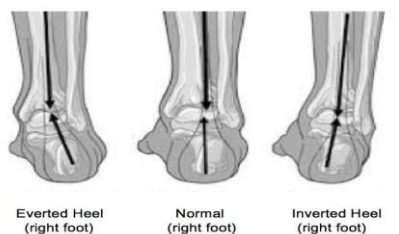
All of us are born with flat feet. Flat feet at the age of 2 is entirely normal. Most of the population outgrows flat footedness by the age of 7. Having a flat foot can lead to a lot of problems. These include knee problems, foot pain, even back pain can be associated with poor mechanics of the foot. So if your child is over the age of 7, and still has a foot that looks fairly flat, that may be a cause for concern.

Symptoms of a child with flat feet:

Children with flat feet usually do not complain of pain. What they complain of is being tired. Very frequently parents notice that the child wants to sit down after a short period of shopping or visiting an amusement park or any other activity that requires the child to be on their feet for any period of time. Another very common complaint is that the child "runs funny." These children often run in a fashion much different than their peers. They usually run slower, with much more effort. They run without propelling off their toes. It is a flat, plodding gait.

What to look for with flat feet:

If you stand behind your child, and watch him walk away from you barefooted –look at his heels. If the heels look everted (caved-in) and you also see a prominence on the inside of the ankles these are good indicators that your child has flat feet. Please see our web site at www.NextStepFoot.com for more information on how to tell if you have flat feet.

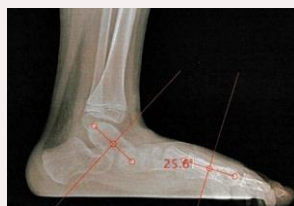


Arch supports

If the foot is flexible and the deformity is minimized then arch supports can be of help. There are many people with flat feet that have a short Achilles tendon and these patients often don't like any support in the shoe. The main problem with arch supports is that they only work when they are being worn. They do not change the structure of the foot.

Surgery

Surgery for flat feet can be a great help because it corrects the deformity. This is the only permanent solution. Doing surgery in children is usually better because the bones and joints are still adaptable and the change in structure is usually more easily tolerated. Early correction allows the bones to grow into a correct position. Hyprocure is a great option for some types of flat feet. This often provides a low risk, quick surgery that is easily reversible if needed. There are also more traditional procedures for more severe deformities. These take a little longer recovery but are usually very reliable procedures.



Before Surgery



After Surgery

Darren J. Silvester, DPM

Next Step Foot & Ankle Clinic Podiatrist

Thanksgiving Sock Drive for

Haven for Hope

Please join Next Step Foot & Ankle Clinic in collecting athletic socks for Haven for Hope during the Thanksgiving Season.



Haven for Hope's mission is offering hope through new beginnings to the homeless. Check them out at:

www.HavenForHope.org

Please Donate:

- Crew Socks
- Knee High Socks
- Children's Socks

Collection areas are located in the lobby of each Next Step location from November 1, 2017 to November 30, 2017.

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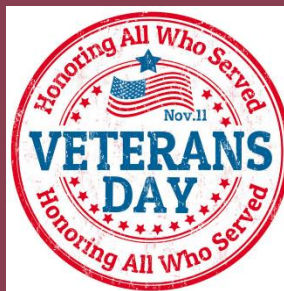
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www.NextStepFoot.com

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Custom Orthotics



Do you currently wear custom orthotics? Don't forget to get next year's pair molded and delivered to you before the end of the year to meet your insurance requirements!

Reminder, you can use your FSA / HSA Funds to purchase your custom orthotics.



Patient Appreciation Week
is November 13 – 17 , 2017
at all Next Step Foot & Ankle Clinic locations

We wanted you to know how special it is for us to take care of You. This is something that we get to do every day—it is our privilege. Our mission is to serve you with heart. Thank you for allowing us to care for your feet. We love our valued patients.



Holiday Closings

Next Step Foot & Ankle Clinic will be closing early on November 22 at 2pm and closed all day on November 23 and 24th to celebrate Thanksgiving. We will re-open November 27 at 8:15 am.

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