

# Having a High Arch (Cavus Foot): Too Much of a Good Thing

# Low Versus High Arches

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- Flatfoot: fallen (low) arch
- Cavus foot: very high arch
- Both cause symptoms and problems

# Cavus Foot

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- Less common than flatfoot
- High arch places excessive pressure on
  - Ball of the foot
  - Heel of the foot
  - Outer side of the foot
- Troubling consequences

# Variations in Cavus Foot

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- Not all cases are the same
- The arch's structure impacts how the foot functions (biomechanics)

# What Causes Cavus Foot?

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- Different causes
- Neurological disorder
  - Cerebral palsy, muscular dystrophy, stroke, etc.
- Other medical condition
- Inherited structural abnormality

# Causes of Cavus Foot

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- Due to neurological or other medical disorder
  - Arches usually worsen over time
- Due to inherited structure
  - Arches usually do not change

# Signs and Symptoms of Cavus Foot

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- Very high arch
- Pain when walking or standing
- Hammertoes
- Calluses
- Frequent ankle sprains
- Foot drop
- Difficulty fitting into shoes

# Diagnosing Cavus Foot

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- Family history
- Foot examined
- Gait observed
- Basic neurological testing
- Referral to neurologist may be ordered
- X-rays may be taken



# Nonsurgical Treatment Options

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- Orthotics
- Shoe Modifications
  - High-topped
  - Heels a little wider on the bottom
- Bracing

# Surgical Treatment

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- May be necessary to decrease pain and increase stability
- Surgeon will consider your individual case

# Let a Foot and Ankle Surgeon Bring You High Relief for Your High Arches

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(Place DPM's contact info here)

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