

FLAT FEET/COLLAPSING ARCHES/ OVER PRONATION/HIGH ARCHES



PioneerPodiatry

FOOT SMART FOCUS
PATIENT INFORMATION SHEET

There are many terms used to describe a low arch foot type (flat feet, collapsing arches, ankles roll inwards, over-pronated, pes planus).

The **low arch foot-type** accounts for about 60% of the population. People with a low arch foot-type are more likely to suffer the following complaints:

- heel and arch pain
- bunions
- morton's neuroma
- forefoot pain
- midfoot arthritis
- medial ankle pain
- shin pain
- medial knee pain
- lower back pain

People with a **high arch foot-type** (rigid, over-supinated, pes cavus) account for only ~10% of the population. The high arch foot-type is often very problematic, and people tend to suffer complaints resulting from poor shock absorption:

- knee pain
- shin pain
- lower back pain
- chronic ankle instability
- Achilles tendon pain
- forefoot pain
- painful corns/callous due to high pressure areas

ARCH TYPE — FOOT ALIGNMENT



NORMAL ARCH



NEUTRAL ALIGNMENT



HIGH ARCHED PRINT

SUPINATOR-ROLLS



TO OUTSIDE/LATERAL



FLATFOOT PRINT

PRONATOR-ROLLS TO



INSIDE/MEDIAL

More questions? Call us or check out our website.

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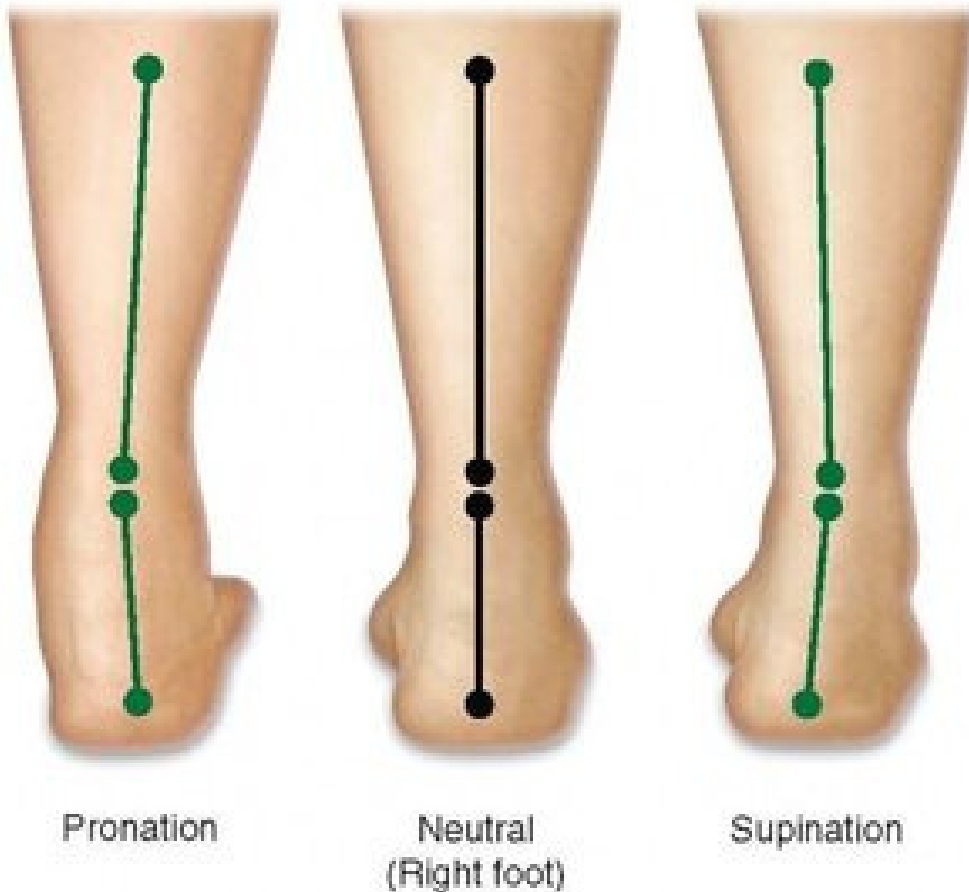
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FOR THE DOCTOR
CLINICAL PRACTICE GUIDELINE

If you suspect of a low or high arch foot-type which may cause problems further down the track, give us a call today!



We have comprehensive Clinical Practice Guidelines on our website for this condition, including videos, more details, and literature references.