

Minimal Invasive Flatfoot Correction

A flat foot in simple terms is one where the arch disappears when we stand. Parents, when questioned about their children's feet, will often relate the following complaints: clumsiness, difficulty standing, foot and leg cramps or pains, refusing to walk long distances, uneven shoe wear, and tired feet. When we have a foot that is flat, we have a foot that is inefficient and fatigues easily. The muscles get tired and may cramp. Left untreated it can lead to the formation of bunions, hammertoes, and heel pain.

Adult Acquired Flatfoot develops during adulthood as a result of injury, degeneration and stretching of the tendons that help support the arch. It results in pain, swelling, loss of arch height, and the foot may start to swing out when walking. This is a progressive deformity that worsens with time if left untreated. The most common treatment for mild to moderate forms of flat foot is a combination of supportive shoes and orthotics.

A minimal invasive procedure is available to correct a flatfoot through the use of an "internal orthotic." This device is a titanium implant about the size of a thimble, which is able to stop the abnormal flattening of the arch while preserving the normal range of motion of the foot and ankle. The procedure allows for return to sneakers in 2-4 weeks and works well in children, adolescents and adults allowing a gradual return to pain free movement and sporting activities.

Correcting flat feet at an early age can save much trouble associated with pain, bunions, hammertoe and heel spurs later in life, and allow for greater enjoyment into adulthood.

Flat Foot



Flat Foot Corrected



Right Flat Foot Before



Right Foot After Correction

