Flat-Feet

Flat feet happens when the arch does not give enough support while walking. Causes of flat feet include:

- Birth defects
- Genetics
- Stretched or torn tendons
- Injuries
- Nerve damage
- Fractured or misshaped bones



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Symptoms

Many people have no symptoms and need no care. Flat feet can cause:

- Tendonitis in the foot (inflamed inner side of ankle)
- Heel pain
- Bunion

Treatment

Your care will depend on the cause of your pain and your activity needs. Treatment can include:

- Rest/ice
- Oral or skin-applied NSAIDs
- Custom orthotics
- Bracing
- Physical therapy

If these options do not ease your pain, you may need surgery. The goal of surgery is to fix tendons, muscles, or ligaments and to correct bone change..

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