

## Severe Flat Feet

If your feet roll in and the arch is very flat, you may have a condition called “tibialis posterior dysfunction”. This is a serious condition of weakness of the major muscles supporting the arch. The tibialis posterior from the back of the leg and the tibialis anterior from the front meet on the inside of the foot to lift the arch at what is the keystone of the foot. Weakness of one or both of these muscles results in the collapse of the arch and abnormal pressure on the inside of the foot.

When you see your podiatrist for this condition, you will undergo a thorough examination and x-rays. Treatment will depend on the cause of the condition, your health, age and expectations.

Treatment can range from arch supports, bracing, to surgical stabilization. A popular bracing system called the “Arizona Brac”e involves an arch support and an ankle brace molded in a laced leather sock that supports foot and ankle while allowing one to wear a street shoe.

If you have extreme flat feet, see your podiatrist to see what options are available for you. And don’t walk in pain.