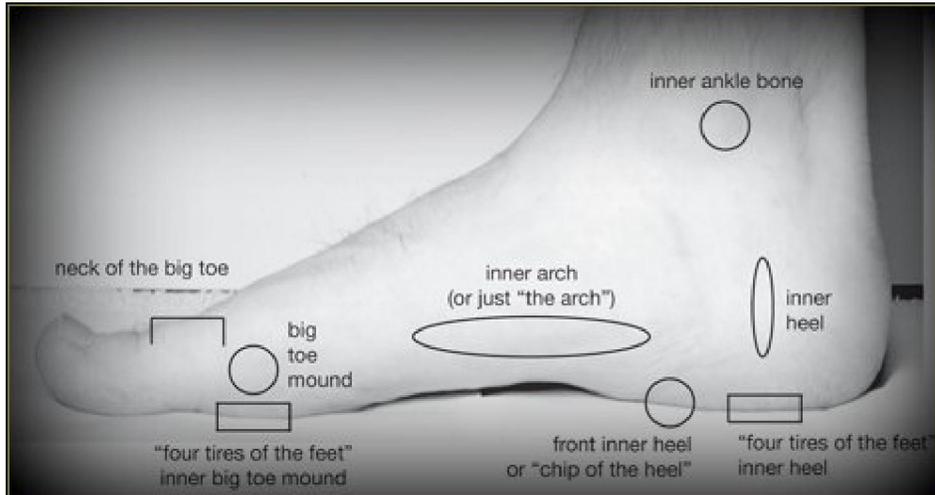


## What is Flat feet aka Flat Foot:

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**Ans:** One can have flat feet when the arch on the inside of his/her feet is flattened, which results in the entire sole of foot to touch the ground during standing position.



## What are the causes of Flat feet aka Flat Foot:

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**Ans:** You may notice that a baby born with flat feet, and with time our feet develops an arch, for some of us it may not develop during childhood. Age, accidents or injury can be one of the other reasons for flat feet.

## How to detect Flat feet aka Flat Foot:

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**Ans:** It is possible to detect just by looking at your feet or foot, which actually happens during medicals. Medical officer may ask you to keep your toes on ground and lifting your heel to certain level, from this he can check the amount of arch on your feet.



Normal Arch

**Wet Test:** You can do the wet test at home:

1. Pour a thin layer of water into a shallow pan
- 2) Wet the sole of your foot.
- 3) Step onto a shopping bag or a blank piece of heavy paper.
- 4) Step off and look down



High Arch

**Results:** There can be three different results:

1. Normal Arch: Your feet are normal so relax.
2. Low Arch: Can create some problem during medicals.
3. High Arch: Can be considered as a normal for medical point of view.



Low Arch

**Treatment for Flat feet aka Flat Foot:**

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You can follow some exercise to reduce flat feet by increasing arch.

- Wear shoes which support arch.
- Keep your heels on tennis ball with big toes touching the ground.
- Lift your toes by keeping heels on ground, hold it for 10-15 seconds, keep on repeating of 4-5 times.
- Sit and lift your right feet and touch the last toe finger of the left feet.
- At last consult a physician also.

## Conclusion:

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In most of the cases one who gets TR for low arch (flat foot), clears it in the review medical board. One with such case must do the regular exercise to reduce the flat foot.