

Flat Feet In Kids - What Parents Need To Know

5 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=XGQHFIS9PG0](https://www.youtube.com/watch?v=XGQHFIS9PG0)

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SUMMARY

Flat foot is a common condition in children, particularly up to the age of three, and is often misunderstood by parents and doctors alike. Dr. Prashant Inna, a pediatric orthopedic surgeon, emphasizes that physiological flat foot is normal and typically resolves as children grow, with most developing arches by age six. While insoles and exercises are frequently used, they do not change the underlying condition but can help alleviate associated pain.

- *Flat foot is normal in all children up to age three due to flexible foot bones.*
- *By age six, about 50% of children develop arches; by age ten, 85% do.*
- *Only 15% of the general population may have flat foot into adulthood without issues.*
- *Treatment for flat foot is generally unnecessary unless it causes pain.*
- *Exercises can relieve pain associated with flat foot but do not alter its structure.*
- *Common misconceptions include the effectiveness of insoles, which do not change foot shape.*
- *Awareness and accurate information from experts are crucial for parents regarding children's health.*

flat foot is normal stratfor is a pain to the parents and a headache to the doctors if you look at all kids till the age of three years every child in this world has platform people are very fond of giving those insoles and arches so basically people start putting those insoles right from word go till the end and think that that insole has helped no it is god who has done his job in a year where our health has been the

top priority and people have been more aware of what they're doing and the choices are available to them the first step in all of this is awareness equipping yourself with the right information is very very important and i don't mean the whatsapp messages that keep circulating on our family groups or in our apartment groups when it comes to the health make sure you hear it from an expert and in our bid to make sure that we get

the correct information out to all our parents we are talking to an expert we have with us dr prashant inna he's a consultant pediatric orthopedic surgeon at manipal hospital and he's going to be talking to us about a lot of things of common orthopedic problems that children are facing currently hi guys hi everyone hi dr how are you yeah i'm fine thank you so to start off a lot of kids who have

flat feet and how do you treat it there are exercises that you can do at home would you recommend something first basic question is you don't treat normal things flat foot is normal okay it's a significant concern to parents so our normal joke in our textbooks is flatwork is a pain to the parents and a headache to the doctors because you know if you look at all kids till the age of three years every child in this world

has flat foot that is because if you look at the shape of the bones of the foot they do not form an arch they are flat

the arch is maintained because there is a rubber band in the sole this rubber band is very loose in a child because they are very flexible so the moment the weight is put on the foot the arch collapses that is because kids are flexible so every child has flat foot till the

age of three years that flat foot is called physiological flat foot the word physiological itself says it's normal physiological flat foot is a doctor's way of confusing the parent but the word physiological means normal that's the other terminology for normal so what happens later on by the time the child reaches 6 years of age 50 percent of them develop an arch 50 percent of them continue to remain flat footed by the time the child reaches 10 years

85 percent of them develop a normal arch and 15 percent of them continue to remain flat footed all their lives okay which means 15 of the general population have flat foot all their lives without any problem so your question of is flat foot normal yes it is normal in all kids till the age of three years it is normal as an adult in fifteen percent of people now do you treat normal things no but you know the problem is

people are very fond of giving those insoles and arches now the tendency as i said from three years hundred percent flat foot to ten years eighty five percent normal foot artifact so basically people start putting those insoles right from word go till the end and think that that insole has helped no it is god who has done his job insoles are only an eyesore so they have not done anything to change the shape of the foot so it's just god's grace

now coming to the exercises exercises do not influence the natural progression what i have told you but if a flat foot is too much and a child is so active that that flat foot causes foot pain yeah flat foot can cause foot pain can cause calf pain after an activity yes so post activity foot pain and calf pain can happen in a normal flat foot i am not saying abnormal flat foot i have not talked anything about abnormal

flat foot i am still talking about normal flat foot a normal flat foot can cause foot pain and calf pain and if that is there then definitely when you have this normal thing doing the exercises your pain comes down so a painful normal flat foot becomes a painless normal flexion but it still remains flat foot only so don't think that the exercise is going to help flat foot i have seen people advise walking on sand walking on stairs because when you go

upstairs you go on their tiptoes so all those things are there they don't change the natural curves of flat foot but they definitely remove the pain because pain is because of the tiredness of the muscles of the foot and by doing a good exercise you remove the tiredness and definitely you make it less cumbersome it's been a great uh session and i think it's going to be beneficial for everybody sure yeah thanks thanks for this arranging all this my pleasure

thank you so much