



## **FLAT FEET**

Misaligned ankle bones are responsible for the majority of chronic problems to the foot and ankle. This rather common condition also leads to a chain reaction of destructive forces acting on the knees, hips and back.

This condition will not resolve on its own. Patients do not grow out of it and it cannot be properly treated with exercise or physical therapy. It is an anatomical, internal problem and only an internal solution can restore proper alignment. The secondary effects of misaligned feet include abnormal strain and pressure on joints, ligaments and bones throughout the body.

This can be treated depending on the severity with better supportive shoes, over the counter orthotics or in office custom made orthotics. The custom made orthotics are created from a non-weight bearing cast of both feet, in the office, gait analysis, muscle testing, and range of motion measurements. This will individualize the orthoses for maximum function.