

FLAT FEET

Flat feet, also known as flatfoot, is a common condition in which the arches on the inside of the feet flatten when pressure is applied. When people with flat feet stand, their feet may point outward, and the entire sole can touch the ground. It often leads to an unusual walking pattern and may cause pain in the calves, arches or other areas of the foot.

RISK FACTORS

- ◆ Obesity
- ◆ Injury to the foot or ankle
- ◆ Rheumatoid arthritis
- ◆ Age
- ◆ Diabetes
- ◆ Achilles tendon injuries
- ◆ Broken bones
- ◆ High blood pressure
- ◆ Pregnancy



SYMPTOMS



Leg cramps



Muscle pain
 (aching or fatigue)
 in the foot or leg



Pain when walking
 or changes in gait
 (how you walk)



Pain in the arch,
 ankle, heel, or
 outside of the foot



Toe drift (when the front part of
 the foot and toes point outward)



TO MAKE AN APPOINTMENT,
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