



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

Sports Medicine: Pes Planus

Pes planus, also known as flat feet, is when the foot's arch is lowered or flattened out. Some people have an arch when their foot is not in contact with the ground, but when they put their foot on the ground with weight, their arch goes away. When the arch falls it can cause pain in other areas of the foot or up into the legs or back.

Signs and Symptoms

- No arch in the foot when standing
- Foot, leg, or back pain

Increased Risk

- Poorly fitted shoes
- Wearing shoes with little support (sandals, flip flops) too often or going barefoot
- Overweight

Treatment

- Medicine
 - Anti-inflammatory medicines, such as ibuprofen (Motrin® or Advil®) or naproxen (Aleve®), may be recommended. Take these as directed by your health care provider.
 - Other minor pain relievers, such as acetaminophen (Tylenol®).
- Use of cold
 - Cold should be applied for 10 to 15 minutes every 2 to 3 hours and after any activity that makes symptoms worse. Use ice packs or an ice massage and raise the foot and ankle at or above heart level to reduce swelling.
- Orthopedic aids
 - Using an arch support (orthotic) may be needed.

- Rehabilitation
 - Rehab with a physical therapist or athletic trainer may be prescribed. This is to help with strengthening, stretching and balance.

How to Prevent

- Maintain a proper weight.
- Wear proper footwear with good arch support.
- Maintain good strength and flexibility in legs and feet.

When to Call the Doctor

Call your doctor, health care provider, or the Sports Medicine team at (614) 355-6000 if:

- Symptoms get worse or do not improve in 6 weeks, despite treatment.
- New, unexplained symptoms develop.

**To schedule an appointment with
Sports Medicine, visit
[NationwideChildrens.org/Sports
MedicineScheduling](https://www.nationwidechildrens.org/sports-medicine) or scan this code
with your camera phone.**

