

Paediatric flat foot

Flexible

Rigid

Pain

No pain

Age: > 8- 10
years

Age: < 8-10
years

*Consider: Joint hypermobility / increased weight or obesity / gender
(consider weight loss or strengthening exercise, as indicated)*

Function not
OK

Function OK

*Review differential diagnoses:
Neurological / muscular / genetic / collagen (family history)*

Treat

Footwear, Foot orthoses – usually generic, unless juvenile arthritis

Monitor

FPI-6 normative data/age
(Feet should not get 'flatter' over time)