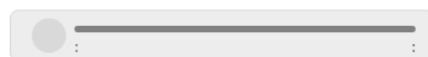


Flat Feet in Adults and Children: Causes and Care



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Understanding Flat Feet And Why They Deserve Expert Attention

Flat feet might sound like a minor inconvenience, but they can create major challenges when left untreated. The condition, [known medically as fallen arches](#), occurs when the arches of the feet collapse, causing the entire sole to make contact with the ground.

At Idaho Foot & Ankle Center, we regularly see both adults and children struggling with pain, fatigue, and alignment issues that trace back to untreated flat feet. Because this condition affects the entire kinetic chain—including ankles, knees, hips, and back—it deserves thorough evaluation and personalized care.



What Causes Flat Feet to Develop?

Flat feet can be present from childhood or develop later in life. In children, the arches may simply not form properly as they grow. Many children are born with flat feet, and in some cases, the arch never fully develops. This can result from genetics, connective tissue conditions, or neuromuscular disorders.

In adults, flat feet are often acquired due to injury or overuse. Factors that contribute to adult-onset flat feet include:

- [Posterior tibial tendon dysfunction \(PTTD\)](#)
- [Trauma or fractures in the foot or ankle](#)
- [Obesity, which places excess strain on the arches](#)
- [Arthritis or aging-related degeneration](#)

No matter the cause, the result is often discomfort, misalignment, and limited mobility. Without proper intervention, symptoms may worsen over time and lead to other chronic foot and ankle conditions.

Not sure if your flat feet are the real issue—or just part of a bigger problem? Learn why early expert care makes all the difference in [Foot Problems? Call the Experts First!](#)

Common Symptoms That Shouldn't Be Ignored

Flat feet often go unnoticed until symptoms become more disruptive. That's why it's important to watch for signs early and seek professional evaluation if any of the following occur:

- [Pain in the heel, arch, or ankle](#)
- [Swelling along the inside of the ankle](#)
- [Feet that tire easily during activity](#)
- [Trouble standing on tiptoe](#)

- [Difficulty finding comfortable shoes](#)

These symptoms are especially important to monitor in children. Kids may not always express discomfort clearly, so frequent tripping, unusual walking patterns, or complaints of tired legs should prompt a closer look. At Idaho Foot & Ankle Center, we evaluate these patterns early to create treatment plans that support healthy development.

Arch pain, fatigue, or ankle trouble might all point to something more. Explore possible causes and what they mean in [Why Your Feet Hurt: Exploring the Causes of Foot Pain](#).

How We Diagnose Flat Feet in Our Clinic

The process of identifying flat feet starts with a detailed physical exam. We assess how the feet move during walking and standing, and we look for signs of misalignment, pain points, and joint instability. Depending on what we observe, we may use imaging like X-rays or diagnostic ultrasound to evaluate the bones, tendons, and ligaments. These tools help us determine the underlying cause of the condition and rule out other complications. A clear diagnosis allows us to tailor a care plan that addresses both the symptoms and the root cause.

Our Treatment Options for Adults and Children with Flat Feet

Flat feet can't always be "fixed" in the traditional sense, but they can absolutely be managed with the right support and treatment strategy. At Idaho Foot & Ankle Center, we offer a full range of services designed to relieve pain, improve function, and prevent long-term complications. These include:

- **Custom orthotics** to support arch structure and correct alignment
- **MLS Laser Therapy** to reduce inflammation and stimulate healing
- **Physical therapy referrals** to improve mobility and strengthen foot muscles
- **Footwear guidance** to identify the right support for every lifestyle
- **Surgical options** in rare cases when conservative treatment is not enough

For children, early intervention is key. Addressing flat feet while the body is still growing can reduce the risk of lifelong problems. Our pediatric care approach includes monitoring development and offering supportive treatments that allow kids to stay active and pain-free.

Why Professional Care Makes All the Difference

It's easy to assume that flat feet are just a genetic trait or something to tolerate. But ignoring the condition can create unnecessary strain on joints and muscles throughout the body. When left untreated, flat feet may contribute to tendonitis, arthritis, bunions, and even spinal misalignment. We work closely with each patient to create a care plan that not only relieves current discomfort but also prevents future complications. Our team takes the time to explain what's happening structurally and guide each person through a step-by-step recovery process. We've built a [long history of helping our customers](#) resolve complex foot and ankle conditions with lasting results. That's what makes our approach different—it's not just about symptom management. It's about long-term well-being.



Supporting Families and Individuals Across Southeast Idaho

We're proud to serve the Idaho Falls and Rexburg communities with accessible, high-quality podiatric care. Whether someone is dealing with a child who's tripping frequently or an adult struggling with arch pain, we're here to help. Our board-certified podiatrists have extensive experience treating flat feet, and we use every tool available to make sure our patients receive the best outcomes possible. If flat feet are interfering with work, play, or peace of mind, don't wait. Get the support and guidance needed to move comfortably and confidently.

[Reach out today to schedule a personalized evaluation](#) at one of our two convenient locations.

Let's Get You Back on Solid Ground

Flat feet may be common, but that doesn't mean they should be ignored. With the right diagnosis and care, it's possible to ease pain, restore balance, and move freely again. At Idaho Foot & Ankle Center, we combine technology, compassion, and experience to help patients of all ages find lasting relief. [If you or your child are struggling with symptoms of flat feet, contact us today](#) to schedule a visit in Idaho Falls or Rexburg. Our team is ready to help you step forward with confidence.

Related Questions

Can flat feet be corrected without surgery?

Yes. Many patients see significant improvement with custom orthotics, footwear changes, and supportive therapies like laser treatment.

Are flat feet something kids grow out of?

In some cases, yes. But not always. If a child is in pain, frequently falling, or walking awkwardly, they should be evaluated by a podiatrist.

What shoes are best for flat feet?

Supportive shoes with good arch structure and cushioning are ideal. We help patients identify footwear that fits their condition and lifestyle.

When is surgery needed for flat feet?

Surgery is typically a last resort. It may be considered when conservative treatments fail and the condition significantly affects quality of life.

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Give us a call or fill out a form to contact our office.

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