



Problems Associated with Flat Foot

Ji Chang Woog *

Letter

Flat Foot (also called pes planus or fallen arches) is a postural disturbance in which the arches of the foot collapse, with the entire sole of the foot coming into complete or near-complete contact with the ground.

There is a functional relationship between the structure of the arch of the foot and the biomechanics of the lower leg. The arch provides an elastic, springy connection between the forefoot and the hind foot so that a majority of the forces incurred during weight bearing on the foot can be dissipated before the force reaches the long bones of the leg and foot [1].

In pes planus, the head of the talus bone is displaced medially and