

the biomechanical behavior, and, therefore, adapting a new behavior [3,4].

Clinical interference

Patients with high arches and HV often have a foot shape that is not considered optimal and may lead to various problems, such as pain, fatigue, and difficulty in walking. The high arch and HV can affect the foot's ability to absorb shock and provide stability during walking. This can lead to various conditions, such as plantar fasciitis, metatarsalgia, and heel pain. Additionally, high arches and HV can affect the foot's ability to provide support and stability during walking, which can lead to various conditions, such as ankle sprains, knee pain, and lower back pain. Therefore, it is important to address these conditions and provide appropriate treatment and support for patients with high arches and HV.

Cause

Flat feet can be caused by various factors, including genetics, aging, and injury. In some cases, flat feet can be a result of a congenital condition, while in others, it can develop over time due to wear and tear on the foot. Additionally, certain medical conditions, such as rheumatoid arthritis and diabetes, can also lead to flat feet.

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