

## FACT SHEET SEVENTEEN: Flat Feet



**I think I may have flat feet – what exactly are they and what can I do to help them?**

Profoot's Foot Doctor, William Hutchings of the Diss Podiatry and Chiropody Clinic, Norfolk says:

Most people have a space on the inner side of their foot where the bottom of the foot is off the ground. The height of this arch varies a lot from one person to another – people with a low arch or no arch are said to have 'flat feet'.

People with flat feet can find that their foot can roll inwards when standing or walking. Due to this rolling in of the middle of the foot, the heel usually points outwards more than normal, as does the front of the foot.

In order to support the foot and prevent rolling over - try **Profoot's Supersport** – the moulded design supports both front-to-back and side-to-side arches keeping the bones in their natural position which will help to make walking, dancing or shopping a more comfortable experience.

I would always advise a visit to a chiropodist if you are unsure or feel that you would like a second opinion.