

Pes planus and Pes cavus

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PES CAVUS



NEUTRAL FOOT



PES PLANUS



Pes planus



- Also known as flatfoot
- Described as chronically dropped or abnormally low medial longitudinal arch.
- Subtalar joint is excessively pronated, talus and navicular bone are depressed



- Increased muscular activity may require during standing which may contribute to:
 - Fatigue
 - Foot and leg pain
 - Shin splints
 - Bone spur
 - Thickened or inflamed fascia

Types

Pes planus

flexible

rigid

Flexible flat feet



No weight
(arch is visible)



With weight
(arch is not visible)

Rigid flat feet



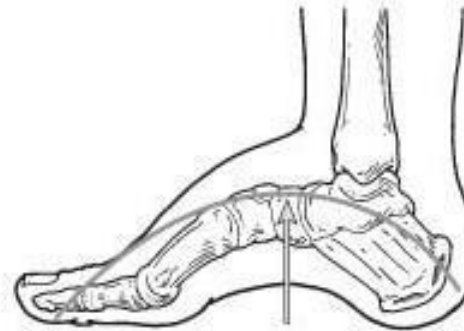
Arch not visible at
all times

Pes cavus

- Also known as club foot.
- Abnormally “raised” medial longitudinal arch.
- Condition is usually idiopathic and non progressive and may manifest early in childhood or in later in life.
- Less common than pes planus.



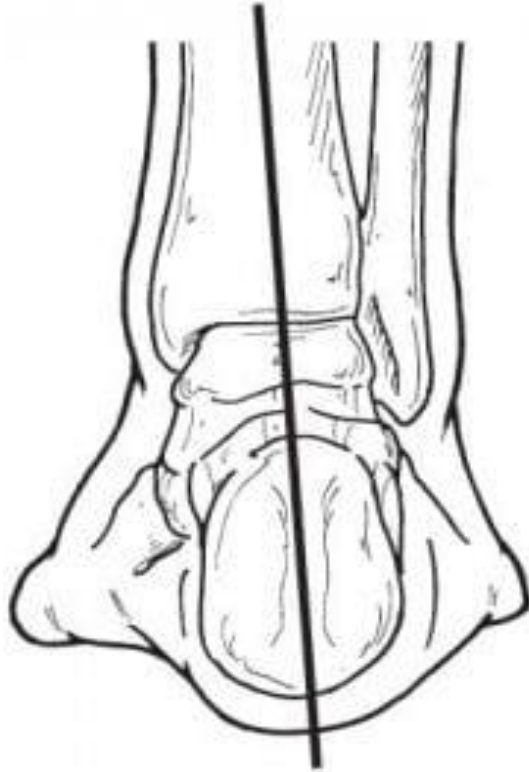
Normal Foot



Cavus Foot



- The raised arch reduces contact area between the plantar surface of foot and floor, and shifts the center of plantar pressure to lateral side during walking.
- For this reason , persons with pes cavus, may have pain that is metatarsalgia and callus formation over the region of metatarsal head.



Normal foot
(rear view)



Cavus foot with high arch
(rear view)