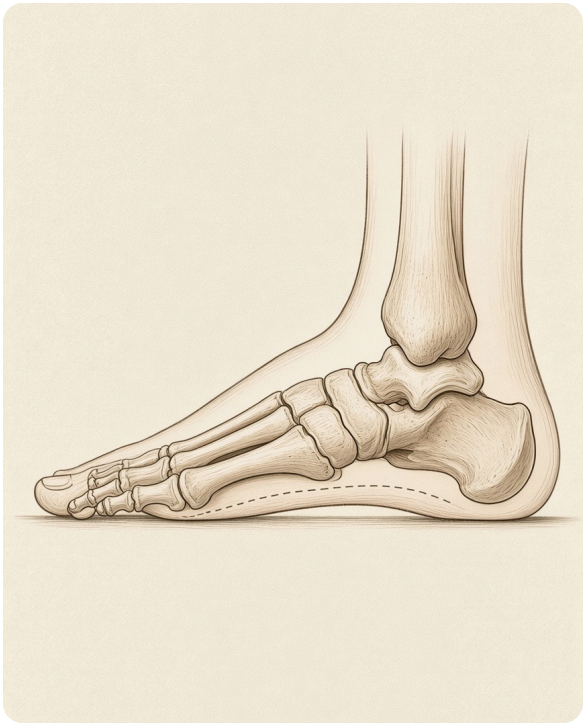
ARMIN PHYSIO



PATIENT GUIDE

Flat Feet

Do your arches collapse when you stand or walk? You may have **flat feet.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What are flat feet?

Flat feet happen when the arch of your foot lowers or collapses when you stand, walk or run. For many people this causes no problems. Armin's point: having two flat feet usually isn't a big deal; it matters more when **one foot is flatter than the other** and over-pronates. Your arch is something you can **train**: strengthening the foot, ankle and lower leg improves arch control. Treat the symptoms and function, not just how the foot looks.

QUICK CHECK

Does this sound like you?

- [ ] Your **feet collapse when you squat**, so your knees go inwards
- [ ] **One foot over-pronates** (rolls in) more than the other
- [ ] **Low or flattened arches**
- [ ] **Foot or ankle fatigue**
- [ ] Pain with **long walks or running**

If you ticked a few boxes, your arches could use some work. Try the 4 exercises on the next pages.



Feet collapsing, knees going in



One foot over-pronating

YOUR 4 EXERCISES

Try these exercises

1 Toes-up arch squat

Teaches you to hold your arch while you squat





1. **Place your toes on a lift** like this (a small plate works).
2. **Lift up that medial arch.**
3. **Then try doing your squats**, keeping the arch lifted.
4. Come back up and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Towel curl

Strengthens the small foot muscles that lift your arch





1. **Place the towel on the ground.**
2. **Place your feet on top of the towel.**
3. **Curl the towel up**, increasing that medial arch.
4. Relax and repeat.

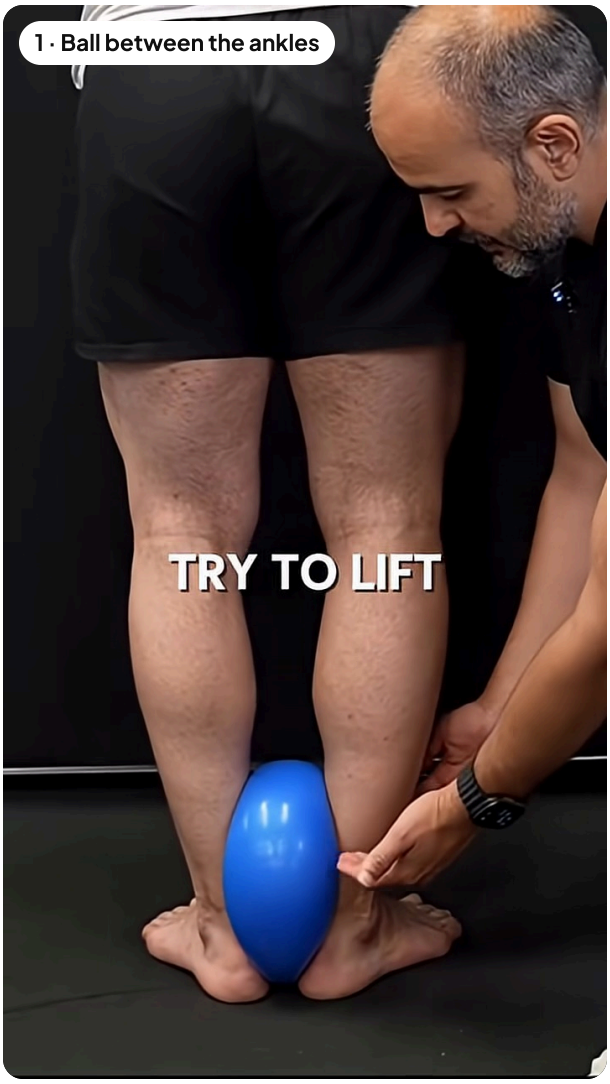
3 sets of 10–15 reps, slow and controlled

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Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Ball–squeeze heel raise

Works your tibialis posterior, a key muscle that supports your arch





1. **Place the ball between the ankles.**
2. **Squeeze the ball in together.**
3. **Try to lift up**, preferably going on the **outsides of the feet**.
4. This will work your **tibialis posterior muscle**. Lower slowly and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

4 Heel and toe walks

Trains the arch while you walk





1. **Walk forward only touching your toes and heels.**
2. **Keep the midfoot off the ground** the whole time.
3. Want to level up? **Hold a weight.**

1–2 minutes daily

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Arch
Toes-up arch squat, 3 × 10–15

02
Strengthen
Towel curl, 3 × 10–15

03
Strengthen
Ball-squeeze heel raise, 3 × 10–15

04
Walk
Heel and toe walks, 1–2 min

Sets and reps are from Armin's video description; his other flat-feet post suggests towel scrunches and heel and toe walks for 1–2 minutes daily. Doing the routine once a day is a suggestion. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp, stabbing pain in the foot or heel
- Pain above about 4/10, or pain that keeps building as you go
- **Tingling or numbness** that gets worse during the exercise
- Pain that's **worse the next morning**

If one foot is much flatter than the other or keeps hurting, Armin suggests getting a detailed physio assessment; orthotics can also help (from his description).

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the foot** or take 4 steps after a fall or injury
- Pain or tenderness **right on a bone** after an injury
- A **hot, red, swollen** foot, especially with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness**, tingling or weakness that's spreading or getting worse
- A foot wound, colour change or numbness if you have **diabetes**

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen foot with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your foot isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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