

Development of Arches

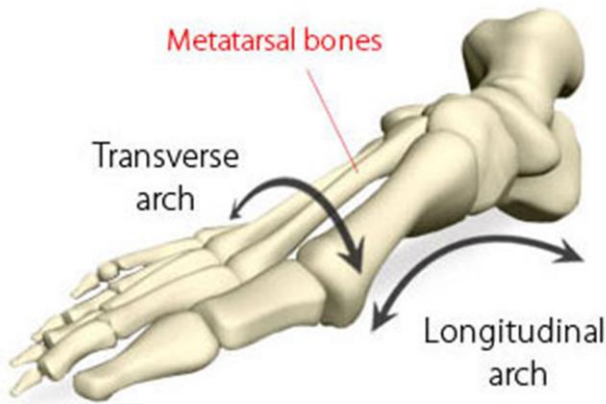
Arches of the Foot

The foot has two main arches:

1. Longitudinal arch (one on each side)
2. Transverse arch.

These arches are formed by:

- ✓ The shape of the foot bones
- ✓ The muscles in the foot
- ✓ Ligaments of the foot (bands connecting the bones)
- ✓ Tendons (bands connecting muscles to bone).



Longitudinal Arch of the Foot

The longitudinal arch runs from the back to the front of the foot.

- ✓ The medial longitudinal arch is on the inside of the foot. This arch can be tall or short, depending on the individual.
- ✓ The lateral longitudinal arch is on the outside of the foot.

Transverse Arch

The transverse arch runs across the middle of the foot from outside to inside.

When Do the Foot Arches Develop?

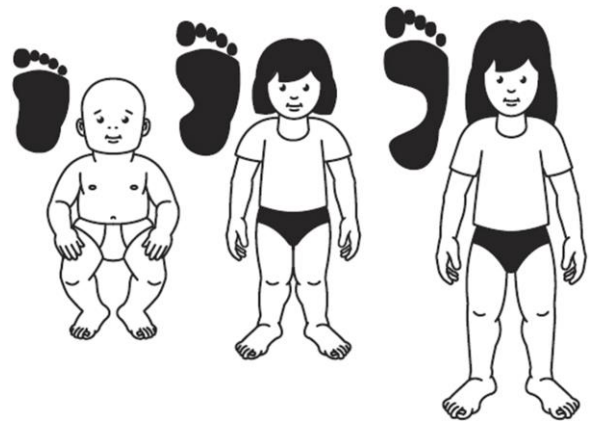
Almost all babies are born with very little arch or “flat feet.” This happens for two main reasons:

1. The bones and joints in infants and toddler’s feet are very flexible.
2. Infants and toddlers are born with a fat pad on the inner border of their feet.

The arches of the feet develop over time as your child begins to stand and walk more often.

- ✓ Major growth and development of the arches takes place between birth and 6 years of age.
- ✓ By age 3, you can typically see a well formed foot arch.
- ✓ The arches are usually completely formed by 8 years of age.

About 1 in 5 babies remain flat-footed into adulthood.



When Do Flat Feet Become a Concern?

You may consider seeking advice if your child has:

- ✓ Pain in his/her feet
- ✓ Stiff feet
- ✓ Flat foot only on one side.