

HIGH ARCHES

Studies show that up to 25% of people may have a high arched foot type. High-arched feet maintain a high, cave-like arch when standing, as opposed to a flatter foot type that tends to roll down and flatten the curve of the arch.

While a high arched foot type is not a problem on its own, it does tend to lack shock-absorbing qualities. This means that ground reaction forces are more readily transferred onto the bones and joints, which can lead to pain at the feet, ankles, heels and knees.

Many people with high arched feet also tend to distribute body weight less effectively and evenly through the feet when they walk, loading more pressure onto the heels, balls of the feet and the outside of the foot. This may lead to pain in these areas alongside corns, callus and cracked heels. This foot position is also often linked to developing claw toes

The stiffer and more rigid nature of high arched feet also means that they less readily adapt to uneven surfaces, which may increase the risk of ankle sprains when walking on uneven ground.

TREATING HIGH ARCHED FEET

Having high arches alone isn't a cause for immediate concern. When we see high arched feet in connection with foot or leg pain or other lower limb problems, then it's important to seek treatment for the pain and to prevent the problem from recurring.

FREQUENTLY ASKED QUESTIONS

WHY DO I HAVE HIGH ARCHES?

Having high arches is dictated by the structure and alignment of your bones and joints, so is primarily genetic. Try not to think of a problem as they are neither good nor bad – it's just the structure of your feet that you are born with, much like the structure of your hands or any other part of your body.



WHAT ARE THE SYMPTOMS OF HIGH ARCHED FEET?

You'll notice more cave-like arches when standing. You may experience some clawing of your toes. The height at the top of your midfoot may mean that the tops of closed shoes may rub against the top of your foot, making it more difficult for you to find well-fitting footwear.

I KNOW THERE ARE PARTICULAR SHOES FOR FLAT FEET – WHAT ABOUT FOR HIGH ARCHES?

Avoid shoes that are for flat feet which offer arch support – these may further raise your arch and tip you outwards, increasing your risk of a sprained ankle. Instead, opt for a neutral shoe with good ankle stability and support. If you wear boots for work, opt for the higher-top boots that best support your ankle.

COULD HIGH ARCHES BE LINKED TO MY BACK PAIN?

It isn't easy to make any connection without an assessment and history to see exactly what's going on. What we can say is that studies have shown that even a slight increase in the arching of the foot may influence the tissues of the whole body, including compensatory changes in the trunk and shoulder.

CAN ORTHOTICS TREAT HIGH ARCHES?

If the question is whether orthotics can change your foot type to be more neutral, then no – you generally cannot change your foot type without surgery or an underlying problem. What orthotics can do is to help manage the problems associated with high arches. Orthotics can help your feet better adapt to the ground, better absorb shock, improve the stability at your ankles, and generally help you keep comfortable on your feet.

Our Values – We:



love what we do



challenge the status quo



are stronger together



aim to continuously improve



do what we say, sometimes more, never less