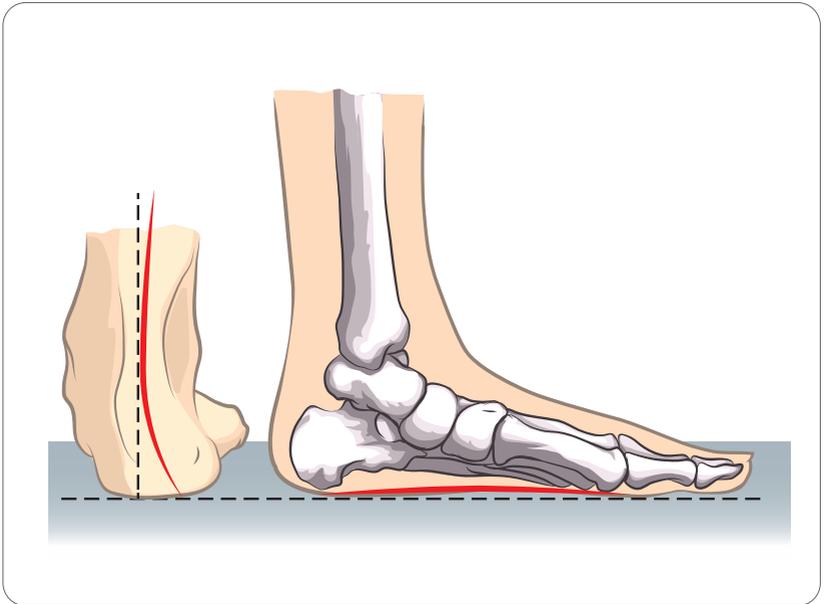


Flat Feet

Frequently Asked Questions



Frequently Asked Questions

1 What purpose does the arch in my foot serve?

They help distribute weight across the feet and provide a sturdy yet flexible structure to adapt to different surfaces when you are walking.

2 Does my flat feet require treatment?

If you have flat feet but do not experience any pain or discomfort in your feet, treatment is not necessary. It is likely that the muscles, joints and ligaments in your lower limbs have already adjusted well to cope with the loads they are put through. Unnecessary intervention may cause pain and discomfort. For more details on when to see a podiatrist regarding your flat feet, kindly refer to our Flat Feet information sheet.

3 Can I still run if I have flat feet?

If your flat feet are not causing you any pain or discomfort, you may continue with your usual activities, such as running and other high impact sports.

4 Should I start using insoles to prevent problems with my flat feet?

There is little evidence to show that insoles can prevent foot pain in people with asymptomatic flat feet. Instead, foot exercises to strengthen the structures in the foot, appropriate footwear and maintaining a healthy body weight are recommended to prevent overuse injuries associated with a flat foot structure.

5 My children have flat feet. Should I be concerned?

The arches in children's feet may not fully develop until the ages between 6 - 10 years old. It can also be difficult to assess children's foot structure during this period; extra fat on infants' feet may also hide the arches. Most flat feet in children, especially if they are painless, do not need intervention. For more information, kindly refer to our Paediatric Flat Feet information sheet, or consult a podiatrist.

6 Will losing weight help improve my foot structure?

Losing weight will not change the shape or structure of your foot. However, it will reduce the load that your foot bears with every step you take. This allows overstrained structures some relief and allows for repair to take place. As such, losing weight and maintaining a healthy body mass weight can be effective in helping to reduce pain from overuse injuries caused by a flat foot structure.

7 Do I need surgery to correct my flat foot?

If you do not experience pain or problems in your daily activities, surgery is not recommended. However, in cases where there is pain due to your flat foot structure that is not improving with conservative treatment, surgery may be explored. Please speak to an orthopaedic surgeon for more information.

8 Should I avoid wearing slippers if I have flat feet?

You should avoid wearing slippers if you have flat feet as most slippers do not have enough support. This may cause stress and pain on your feet. You should always wear shoes with good support, especially if you will be on your feet for long hours.

If you have any further questions, kindly consult your podiatrist.

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic
 - Urology Clinic
 - Vascular Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (April 2021) and subject to revision without prior notice.

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