

Flat Feet or Collapsing Arches

Are you concerned that you or a family member has flat feet or a collapsing arch? Do you notice the footprint you leave at a pool or on the sand is wide and missing an arch? Are you developing pain on the inside part of your foot that is impacting your daily activities? Is one foot “flatter” and more painful than the other?

If you answered “yes” to any of the above questions, you may have flat feet or collapsing arches. Flat feet may be normal if your alignment is the same on both feet and your feet function properly without pain. But, as we age, some people develop flat feet or a collapsing arch as the soft tissue structures that support our arch stretch and wear out. Flat feet and collapsing arches can cause foot pain and can even contribute to leg and back pain. Our feet are our foundation and when the foundation collapses, our entire body is at risk!

Signs that you may have flatfeet or a collapsing arch include arch pain with prolonged standing, weakness with pushing off and walking, inability to push up on your toes and limited daily activities due to foot pain.

Dr. Buchanan has over 15 years of experience treating flat feet and collapsing arches. He will accurately diagnosis the source of the collapse and begin a comprehensive non-surgical treatment plan. This plan starts with a thorough history and physical exam and includes high-quality, digital weight-bearing foot and ankle x-rays. After making the diagnosis, he may recommend resting the foot with a brace or boot, physical therapy to strengthen the soft tissues and/or inserts for your shoes to support your arch.

In some cases, surgery may be needed to fully correct the problem. Surgical procedures can help reduce pain and improve bone alignment. There are many surgical techniques designed to correct flatfeet and collapsing arches and Dr. Buchanan takes pride in developing a comprehensive surgical plan addressing the bony and soft tissue abnormalities. He uses the latest surgical techniques including minimally invasive surgery. After surgery, his goal is to quickly restore function by using accelerated rehabilitation programs.

Dr. Buchanan has extensive experience with non-operative and operative treatment of flatfeet and collapsing arches. His goal is to provide you with a long-lasting, pain-free foot and ankle that allows you to enjoy life to its fullest!

Call 703-525-2200 to schedule a visit with Dr. Buchanan for an evaluation of your flatfeet or collapsing arches.