



Possible Causes Of Flat Feet In Children

And Its Home Care

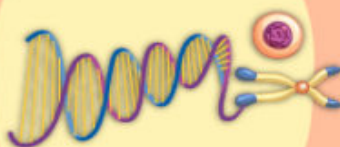
Potential causes



High and low
muscle tone



Hypermobile
joints



Hereditary

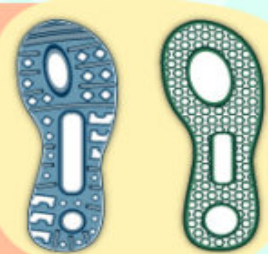


Overweight



Home care tips

Use custom-made
insoles or inserts



Use appropriate
shoes or footwear



Use arch
support braces



Exercise as per the
physiotherapist's
recommendations

