

FOOT STRUCTURE ASSESSMENT AND MANAGEMENT OF FLAT FEET IN CHILDREN

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Flat feet in children aged 7–10 represent a relevant health concern, as the foot arch is expected to be fully developed at this stage. According to World Health Organization data, flat feet affect approximately 16–22% of children in this age group and are more often associated with functional or structural foot alterations rather than a temporary developmental condition. If left unaddressed, flat feet may contribute to postural problems, musculoskeletal discomfort, reduced physical activity, and long-term orthopedic complications. This study aimed to explore innovative approaches for the detection and management of flat feet in children. The research was conducted in a primary school in Kaunas and involved twenty-four 7-year-old pupils. Foot structure was assessed using an “Elinvision” foot scanner, and selected cases of children with flat feet were analysed in greater detail. In addition, information provided by parents was used to evaluate current management practices and intervention strategies. The findings revealed common patterns in foot structure alterations and highlighted gaps in early detection and management. The results underline the importance of timely screening and targeted preventive measures in primary school-aged children, suggesting that early identification combined with appropriate intervention may help reduce the risk of persistent foot deformities and associated complications later in life.

Keywords: flat feet, symptoms, scanner, innovations