

Cavus Feet Pes Cavus (high-arched)

What is a cavus foot?

The inner edge of the foot is raised off the floor in the middle to form the arch of the foot. The height of the arch varies from person to person. When it is higher than normal the shape of the foot is called “pes cavus”.

When a person with a cavus foot stands, the middle of the foot seems to be raised higher off the ground than normal. The heel may be drawn in towards the inner side, and the toes may also be drawn inwards. People with cavus feet may also have curled-up toes.

Although the most obvious thing about a cavus foot is usually the high arch, this appearance may be produced by other more basic deformities in the foot. In all cavus feet the front part of the foot is angled downwards more than normal. The result is to tip the arch upwards, and also to tip the foot onto its outer side.

What causes cavus foot?

In many people, we do not know the cause of their cavus foot and the foot appearance sometimes runs in the family.

What problems does pes cavus cause?

Many people with pes cavus have no problem at all. Sometimes it can be difficult to find shoes to support. Feet may ache, especially around the ankle, the outer edge of the foot or in the ball of the foot. Curled toes may rub on shoes.

Cavus feet tend to be stiffer than normal and may not take pressure as well as normal feet, so tire when you have been on your feet for a while. Some people with mild cavus feet don't notice them until running or other sports, when the cavus may limit their exercise tolerance.

I have pain in the ball of my foot – is this caused by pes cavus?

Not necessarily, there are many causes of pain in the ball of the foot, or “Metatarsalgia”. Sometimes definite cause cannot be found. However, if you have a high arch, especially if you have curled toe-up toes this could be contributing to the problem.

Can I do anything about it myself?

You won't be able to do anything about the underlying cause, if there is one. Exercising and stretching the foot may help to minimise the stiffness.

The most important thing is to take care of your feet well. Make sure there is plenty of room in your shoes with no rubbing on your toes. If you walk a lot or play sport, make sure you have plenty of shock-absorbency in your shoes, as cavus feet are often a bit stiff and absorb shock poorly. If you don't have normal feeling in your feet, check them every day for raw, discoloured or broken areas of skin. A pad or insole in your shoes may help to relieve aching in the arch of your foot.

When should you take professional advice?

If your feet seem to be getting more deformed or troublesome in any way ask your GP. Any child with cavus feet should be seen by a doctor.

What can be done about pes cavus?

The most important thing is basic foot care as outlined above. If you have difficulty getting shoes to fit there are now companies, which specialise in wider, deeper fitting shoes. If your foot tilts over a lot especially if your heel tilts too, a splint or brace may make it more stable for walking. If your ankle gives away a lot, it may be worth going through a course of exercises if you have weak muscles.

Suggested Products

Formthotics® are a special type of insole that mould to the shape of your foot and slip inside your shoe.



www.mobilisrolyan.com

Tel: 08448730035

Silicone Gel Metatarsal Insoles



Tel: 01246 268456

info@talarmade.com

Local chemist shops such as Boots will also stock a range of products