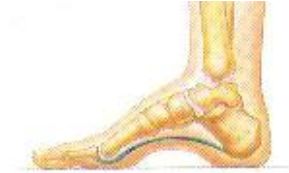


Pes Cavus

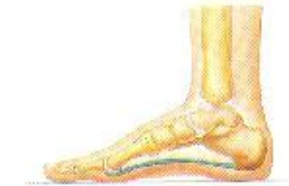
Pes Cavus refers to a foot with an unusually high arch. This type of foot usually has decreased flexibility which limits its natural shock absorbing abilities. A Pes Cavus foot can lead to other conditions such as; **Claw toes, Hammer toes, Metatarsalgia, Achilles Tendonitis** and heel, hip or knee pain.

Causes are usually hereditary but this is also commonly seen in **Cerebral Palsy, Spina Bifida** and **Muscular Dystrophy** patients.

High Arch



Normal Arch



Flat Arch



This type of foot is usually resistant to pronation and therefore **orthotic treatment** centers on improved **shock absorption** and firm control on the outside of the foot.

The aim of foot orthotics for a rigid Pes Cavus foot may be to accommodate the deformity, **redistribute the plantar pressures**, or to re-align the plantar surface of the shoe in order to obtain more normal contact forces.

Foot wear that can help this condition incorporates a good shock absorbing sole, a **curved last to promote pronation**, a high instep, a wide toe box and sufficient volume to accommodate the high-arched foot and any necessary foot Orthotics.