



## FLAT FEET ASSOCIATED WITH TIGHT ACHILLES TENDON

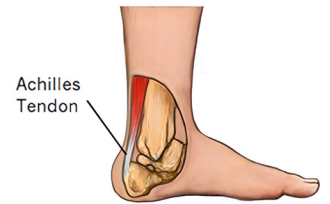
Dear Parent/Guardian,

Thank you for allowing your child to participate in a lower extremity foot screening conducted by Happy Feet 4 All, a community-based preventative foot health program.

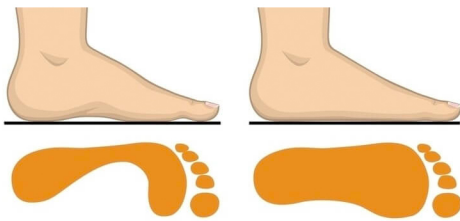
During today's screening, your child was found to have flat feet (reduced arch height) that may be related to tightness in the Achilles tendon (heel cord). This finding is not a medical diagnosis, but an observational result that may affect your child's foot and leg function.

### WHAT DOES THIS MEAN?

Flat feet occur when the arches of the feet appear low or collapsed while standing. When combined with a tight Achilles tendon, this can limit ankle motion and contribute to changes in how the foot and leg function during walking or running.



### WHY THIS MATTERS



Normal Foot

Flat Foot

Tightness in the Achilles tendon can increase strain on the foot and leg muscles, potentially leading to:

- Fatigue or discomfort in the feet, calves, or legs
- Altered walking or running patterns
- Increased risk of overuse injuries or foot pain

**Early identification allows families to monitor your child's development and address potential issues before symptoms arise.**

### RECOMMENDED NEXT STEPS

We will make a recommendation/referral to local Board Certified Pediatric Podiatry and Physical Therapy groups based on geographical location and preference.

We encourage you to consider:

- A clinical evaluation by a pediatric podiatrist, pediatric orthopedist, or physical therapist, especially if your child has symptoms.

Monitoring your child for:

- Difficulty walking with heels down
- Frequent tripping or imbalance
- Foot or leg pain during or after activity
- Encouraging age-appropriate stretching and physical activity as advised by a healthcare professional.

If your child already has a healthcare provider, this letter may be shared for reference.

#### Important Disclaimer

This screening is preventative and educational only and does not replace a medical diagnosis or treatment plan. Only a licensed healthcare provider can diagnose or treat medical conditions. If you have any questions or would like assistance finding a pediatric foot or movement specialist, please contact us. Assessments, evaluations, and program participation with medical providers are covered by health insurance based on eligibility. Thank you for partnering with us to support your child's foot health and physical development.

**Happy Feet 4 All – Preventative Care Program**