



FLAT FEET (REDUCED ARCH HEIGHT)

Dear Parent/Guardian,

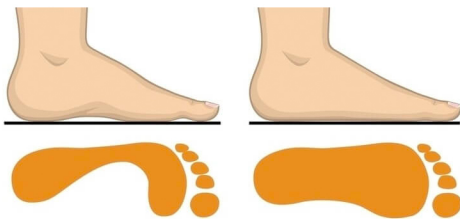
Thank you for allowing your child to participate in a lower extremity screening conducted by Happy Feet 4 All, a community-based preventative foot health program.

During today's screening, your child demonstrated reduced arch height when standing, commonly referred to as flat feet. This finding is not a medical diagnosis, but an observational screening result that may be relevant to your child's movement and physical activity.

WHAT ARE FLAT FEET?

Flat feet occur when the arches of the feet appear lower or collapse while standing or walking. In many children, flat feet can be developmental and flexible, especially at younger ages. In some cases, however, reduced arch support may influence lower-body mechanics as a child grows.

WHY THIS MATTERS



Normal Foot

Flat Foot

In certain children, flat feet may be associated with:

- Foot, heel, or leg fatigue during activity
 - Altered walking or running patterns
 - Knee, hip, or lower-back strain
 - Reduced endurance during sports or play
- Early awareness allows families to monitor development and address concerns before pain or limitations occur.**

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:
 - Foot or leg pain
 - Frequent tripping or imbalance
 - Difficulty keeping up with peers during physical activity
- Ensuring your child wears supportive, well-fitting footwear appropriate for their activities.

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.