



HIGH ARCH (PES CAVUS)

Dear Parent/Guardian,

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

During today's screening, your child was found to have a higher than average arch of the foot, commonly referred to as a high arch or pes cavus. This finding is not a medical diagnosis, but an observational screening result.

WHAT DOES THIS MEAN?

A high arch means the curve on the bottom of the foot is more pronounced than typical. This can affect how the foot absorbs shock and supports weight during walking and running.

WHY THIS MATTERS



In some children, a high arch may be associated with:

- Increased pressure on the ball and heel of the foot
- Foot or leg fatigue during activity
- Balance or stability challenges
- Potential risk for foot pain or overuse injuries

Early awareness helps families monitor their child's foot health and physical activity comfortably.

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:

- Monitoring your child for any discomfort, pain, or difficulty during activity
- Ensuring your child wears well-fitting, supportive footwear suitable for their activities
- Consulting a pediatric podiatrist, orthopedist, or physical therapist if your child experiences symptoms such as pain, frequent fatigue, or balance issues

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