

## Background

Pes planus is one of the most common diagnoses in the pediatric field; flexible flat foot being the most prevalent. This developmental type of flatfoot is a normal finding in young children, seen to resolve spontaneously with growth and development and also remain asymptomatic. Despite this, there is still a large incidence of flat feet in adolescence and many cases of adult flatfeet are frequently presented as residual pediatric flatfeet. The factors that influence the prevalence of flatfeet during a child's development have also the capacity to altering its course and gaining insight on what they are and their influence aids in diagnosing, treating and preventing flat feet.

## Purpose

The aim of this literature review was to enhance knowledge on the persistence of the flat feet condition in the pediatric population by determining the development of flat feet in children with an outline of its affect on posture and gait and identifying contributing factors that affect the incidence and progression of the deformity.

## Methodology

An electronic database search was conducted to obtain articles from relevant journals (from early 2012 to mid 2013). Only full text English articles were obtained, with a few exceptions. Further information was collected from online textbooks and the reference lists of the studies were checked for further articles.

## Results

Many studies found, identified and correlated factors that are significant to flat feet development. However more studies are required on the differences between symptomatic and asymptomatic populations with regard to the factors. There was insufficient evidence on the persistence of flat foot from preadolescence including its prevalence, contributing factors and concepts behind it.

## Conclusion

Increasing knowledge of the extrinsic/intrinsic factors influencing flat foot development leads to insight on the likelihood of having flat feet, its cause, and its possible outcomes in the future.