

# Claw Foot (Pes Cavus)

## What is it?

Opposite of flat feet. Genetic condition. High arch of the foot, making the foot look slightly claw like. Tightness and pain in calf muscles and feet.

## What causes it?

Genetic predisposition.

## Symptoms

Pain in foot and/or calf, particularly during activities such as walking or running. Toes can appear bent.

## Top Tips

Maintain strength and flexibility of lower legs and feet on a daily basis to minimise associated pain and tightness

## How to Treat it

Stretch calf muscles and the foot.



## Rehab

Increase flexibility and strength of calf muscles and feet. Well-fitting shoes.

## Definitions

**Flat feet** - natural curves on inside of feet is slight or absent. Weight is placed through the inside of the feet.

**High arch** - natural curves on inside of feet are exaggerated. Weight is placed through the heels and balls of feet.

**Genetic predisposition** - an increased likelihood of developing a particular feature in the body

## Associated Conditions

- Morton's Neuroma
- Sesamoiditis
- Plantar Fasciitis
- Heel Spur
- Extensor and Flexor Tendinitis
- Retrocalcaneal Bursitis

## Get Help Now

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