



518.273.0053



REQUEST

APPOINTMENT

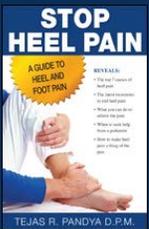
LOCATIONS

763 Hoosick Rd.
Troy, NY 12180



855 Rt. 146, Suite 150
Clifton Park, NY 12065

FREE BOOKS



ORDER



ORDER



FLAT



NORMAL



HIGH



VERY HIGH

TREATMENT OPTIONS FOR *High Arches*

Have you become more active with the New Year? Chances are, if you started to walk, jog, or run more frequently you may be experiencing foot pain. When these activities cause pain from under-pronation (supination), you might need treatment for high foot arches.

When treating high arches, it is important to understand that we might use any combination of remedies depending on the particular patient. At Capital District Podiatry, we know that foot structure and gait patterns can be unique, so there is no "cookie cutter" approach to treatment methods. What works well for one patient isn't necessarily going to work for the next one. That said, options we have for treating **cavus foot symptoms** include:



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SERVICE AREAS

Diabetic Foot Care



Cutera Genesis Laser



Heel Pain



1. Shoe Modification. Shoes that feature high tops (like basketball shoes) and wider heels provide greater stability for individuals who have cavus foot.



2. Bracing. Foot drop is an associated condition for some patients with high foot arches, and a brace can provide the stability necessary to manage foot drop.

3. Custom Orthotic Devices. Orthotic devices prepared specifically for a patient's unique foot structure can provide benefit by **stabilizing and cushioning the affected foot**. By using these valuable tools to help distribute pressures more evenly across the foot, we can address or even prevent symptoms like calluses, pain, and hammer or claw toes. A carefully crafted pair of inserts can also reduce the risk of ankle sprains, which are common for individuals with high foot arches.



4. Surgery. Of course, our hope is to treat any condition a patient has with the use of nonsurgical methods, but this isn't always practical. When pain and instability are still issues after attempting a conservative approach, we may recommend the use of surgery. There are several different procedures that might be used, but we will discuss this together in advance so you can know what to expect.

No matter which of the treatment options for high foot arches will work best for your unique foot structure, you can find relief from your painful symptoms here at Capital District Podiatry. Contact us by calling **(518) 273-0053** and our staff will be glad to assist you and answer any questions that you might have. If you'd prefer, you can **schedule your appointment online** for either our Troy, NY or Clifton Park foot doctor offices.

Special **THANKS**

We'd like to take a moment to thank each of you, our wonderful patients, for referring your friends and family to our office. We couldn't do it without you!

www.CapitalDistrictPodiatry.com 518.273.0053

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