



Capital District Podiatry, PLLC
Dr. Tejas Pandya

CapitalDistrictPodiatry.com

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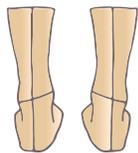
How do you know if your feet are flat?

The first step in knowing whether you need treatment for flat feet, is determining if you truly are flat-footed! Presenting the Wet Test:

1. Dip your foot in a basin of water
2. Remove it and step on a piece of blank paper
3. Observe the footprint

Arch Types

Normal Arch



High Arch



Flat Arch



If most of your foot is showing and there is no space where your arch should be – you indeed have flat feet. The question, now is: do they need to be treated?

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Troy, NY 12180



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Orthotics can help with both adult and kids' flat feet

Having flat feet doesn't necessarily mean you'll experience pain and need treatment. Some people—**kids included**—can get through life with no arches with no problems at all! Others, however, experience pain, may be unable to participate in favorite activities, and have a hard time comfortably wearing shoes. Custom orthotics to the rescue!

- Made to the exact specifications of your unique feet
- Provide the exact amount of support your arch (or lack thereof!) needs
- Distribute weight evenly, relieving pressure in problem areas
- Correct bad biomechanics caused by flat feet

No arch? No problem! No more pain.

If you are experiencing foot pain of any kind, come see us so we can assess your condition and determine the best course of action—custom orthotics could very well benefit you! Contact Dr. Tejas Pandya in Troy, NY, for treatment today by calling **(518) 273-0053**, or use our **appointment request option online.**

CALL (518) 273-0053

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