

Foot care For High Arch Or High Step

A high arch or a high instep is nothing too concerning in medical terms, however it can be a real nuisance when it comes to buying shoes and the two usually come together. The higher the arch the more likely your instep will be higher.

Some people are born with naturally high arches, which in some cause serious pain and structural damage. High arches can be a symptom of an underlying illness outlined by healthline, such as:

- Cerebral Palsy
- Muscular Dystrophy
- Spine Bifida
- Polio
- Stroke
- Spinal Cord Tumors
- Charcot-Marie-Tooth Disease

If you are worried about your high arches, if they are causing pain or feelings of discomfort it is always worth contacting your GP to provide advice or treatment if required.

Checking your family medical history can also be useful.

A high arch can be determined at home by simply monitoring your foot gait. You can do this by painting the sole of your foot and walking across blank sheets of paper. You may also want to observe the wear patterns on the soles of your shoes (although this is not always accurate)

With a high arch or highstep it is always worth considering the careful construction of your footwear. Expense does need to sometimes be put to one side in order to prevent further issues evolving such as:

- Plantar Fasciitis
- Metatarsalgia
- Claw Toe
- Hammer Foot

You need to concentrate on shoes which have proper and considered structure.

The allure of an easy flexible slip-on can be heard from miles, or the convenience of a nice little flip-flop on the sunnier days, but these shoes will not protect the structure of your feet. They need to be guided into something much more stable to keep their shape and ensure proper weight distribution as you walk.

Laces

Those with high insteps will tend to avoid them but there are different lace-up shoes available to you and with their added adjustment and more security, they could prove to serve you better than a slip on.

Unless you have particular experience, trust with a brand or spoken with the designer I would avoid Oxfords or Monk straps (I know currently this counts out my whole range!, but this advise is for you and not for me to sell shoes. You need to feel confident in your requirements, but if you love our shoes and feel like your condition is not severe we can better assist you.

The Oxford

The upper leather of an Oxford style shoe is not advised due to the stitching. The opening part of the shoe (where the laces are) is stitched UNDER the quarters which makes getting the foot with a high instep into the opening much more difficult and restrictive (diagram on following page).

The Monk

With a monk shoe the strap closing wraps over the instep making it much more restrictive, you may get your foot through the opening but experience difficulties doing up the strap as well as having noticeable creasing in the leather rather than a smooth wrap over.

FOOT ARCH TYPES

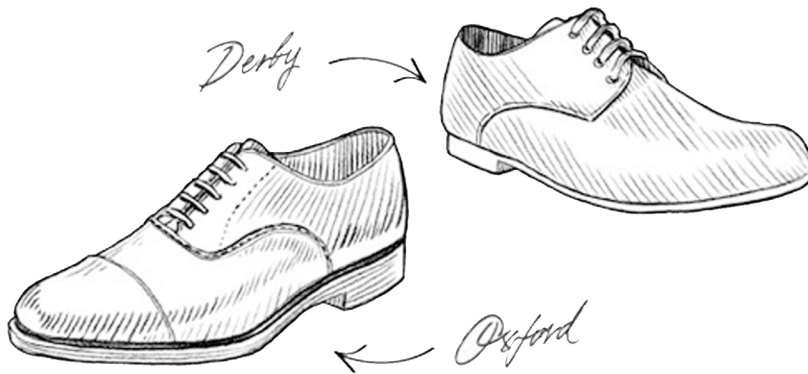


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So I've told you the benefits of laces but so far only told you what shoes to avoid...

A Gibson or Derby (both the same, two different names) will serve your high instep much better. In theory they have opposite construction to an Oxford while looking nearly identical in some cases.

A Gibson is stitched the other way around (on top of the vamp, see diagram below)



By stitching the upper this way it means the opening of the shoe is much wider, allowing you more space to get your foot securely into the shoe and adjust the laces to suit your instep.

(Percy Stride does have some of these on the way) The majority of high-street retailers and Handmade shoemakers will stock this style of shoe, however if you are not sure you can always consult the product description or simply ask the designer/team at the brand.

The Wonderful World of Orthotics

There is a huge misconception surrounding orthotic shoes and aids. When you think of orthopaedic footwear you might immediately think back to those clunky NHS shoes with the big strap, and you aren't quite sure if they are shoes or slippers, you know the ones I mean?

This couldn't be further from the truth...We've come a long way since then!

You don't want to commit to fully orthotic shoes, there are plenty of helpful aids you can get your hands on which slip right into your existing footwear such as arch supports. If you already have properly constructed shoes, this support is already taken into consideration and the additional aid will only further improve your stability.

You could also consider selecting footwear with a wider toe box as well as using aids which stretch your calf muscles and reduce Plantar Fasciitis pain.

You can source a local biomechanist who will consult you on your gait and motor functions, helping you improve your overall health and wellness in the process. Biomechanists tend to work with athletes to improve their agility when competing, they will be able to provide you with a full breakdown and assessment of your arches or instep and instruct you on how to manage them, if you are an avid sportsman or just like the occasional game of football, a biomechanist will be able to give you information regarding sports shoes and trainers best fitting for your needs. With this analysis many biomechanists have the ability to create bespoke orthotic insoles compatible with their own footwear or your existing footwear to make everyday walking easier and painless.

It can't hurt to get checked out, here at some UK based clinics specialising in Biomechanics:

[Gait Analysis at CoActive Physio](#) - Chester

[Gait Analysis and Orthopaedics at Pod Marlow](#) (home visits available) - Marlow, Buckinghamshire

[Gait Analysis and Orthopaedics at CiONE Wellness Centre](#) - Loughborough and London

[Gait Analysis and Orthopaedics at Foot and Limb Clinic](#) - West Yorkshire

[Gait Analysis and Orthopaedics at Liverpool Orthotic](#) - Liverpool