


Flat Feet

POWERED BY 23ANDME RESEARCH



Jamie, based on your genetics and other factors, you are **more likely than average** to have flat feet.

The average 23andMe research participant has a 26% chance of reporting that they have flat feet. Based on your genetics and other factors, specifically age and sex, you have a **26.3% chance** of having flat feet.

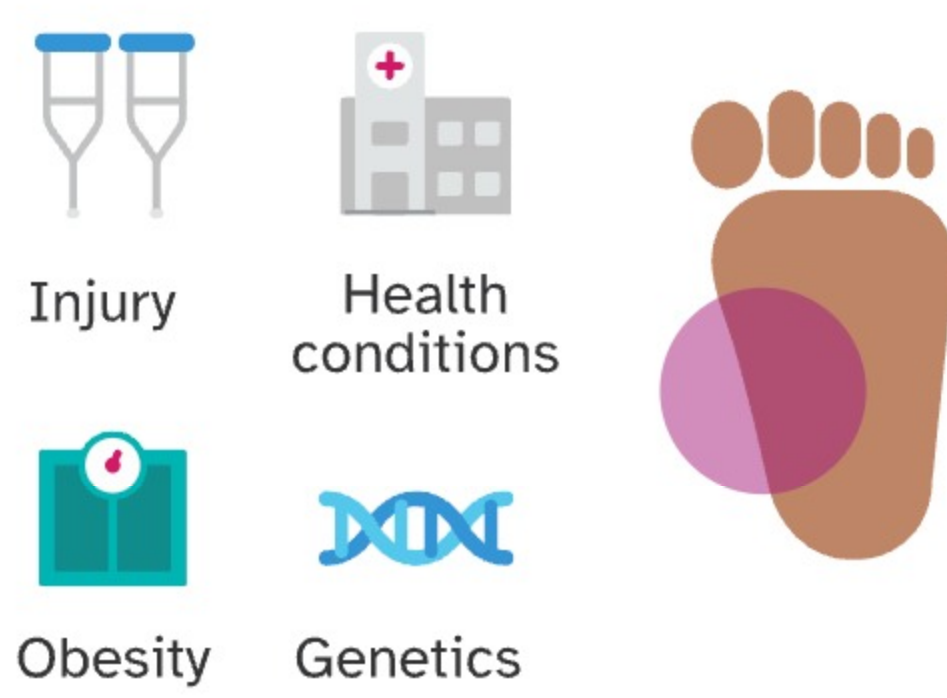
What are flat feet?

Flat feet are characterized by a low arch on the inside of the foot. Sometimes, people with flat feet roll their feet inward when walking, called over-pronation. Having flat feet may also be associated with the misalignment of certain bones in the feet or legs, which can cause pain.

Medial arches falling down

Flat feet occur when the raised structure on the inside of the foot, called the medial arch, is especially low. This is very common in children when the medial arch is still developing. By adolescence it is more fully formed, and most cases of flat feet resolve on their own. But for some, the medial arch never fully develops or may collapse later in life. Studies have shown that injury, obesity, and certain health conditions may be associated with flat feet. Additionally, scientists at 23andMe discovered that genetic variation may make some people more predisposed than others. What a feat!

Factors associated with flat feet



The next step

If you have concerns about flat feet, talk to a healthcare professional about what next steps are right for you. Many cases are asymptomatic and don't require treatment. But for those with mild pain, common treatments include physical therapy or wearing specialized footwear like insoles. Certain people with severe cases of flat feet may benefit from surgery.*

Common treatments for flat feet



How we got your result

**Keep in mind that these results, powered by 23andMe research, are preliminary and meant for informational purposes only. This report does not provide medical advice. Consult with a healthcare professional before making any major lifestyle changes.*

Contribute to new discoveries by participating in research.

Help us develop more reports like this one by answering questions.



Take Survey

Help us improve this report! Answer a few quick questions



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

ANCESTRY

- Ancestry Overview
- All Ancestry Reports
- Ancestry Composition
- DNA Relatives
- Order Your DNA Book

HEALTH & TRAITS

- Health & Traits Overview
- All Health & Traits Reports
- My Health Action Plan
- Health Predisposition
- Carrier Status
- Wellness
- Traits

RESEARCH

- Research Overview
- Surveys and Studies
- Edit Answers
- Publications

FAMILY & FRIENDS

- View all DNA Relatives
- Family Tree
- Your Connections
- GrandTree
- Advanced DNA Comparison