A guide for patients about forefoot equinus

This leaflet is for people who have been diagnosed with forefoot equinus. It explains the condition and what can be done to help if it is painful. It gives key words that may be useful if you want to search for more information on the internet.

What is forefoot equinus?
When the front of your foot is lower than your heel it is called forefoot equinus. Even when your foot is on a flat surface, it will have an unusually high arch.

What problems can forefoot equinus cause?
The following foot problems are commonly associated with forefoot equinus:
- Pain in the ball of your foot because of increased pressure on the front of your foot.
- Early arthritic changes within your mid-foot because of pressure from the forefoot when walking.
- Achilles tendon injuries due to overstretching the tendon.
- Knee pain because it is bent forward to help get your heel on the ground.

What causes forefoot equinus?
Forefoot equinus normally runs in families and is usually noticed in childhood. If you think your problem is new or is getting worse, please tell your healthcare professional as some nerve problems can cause a high arch to develop. Your healthcare professional may recommend a neurological assessment.

What should I do if I have forefoot equinus?
Wear shoes with an appropriate heel, to help balance your foot. Most people with this problem, women especially, will have already realised that they have less pain if they wear shoes with a heel.

Can treatment help?
A shoe with a heel helps and we can provide an insole to increase the height of the heel. Exercises will not help as it’s a problem with the bone and shape of the foot. Sometimes it is necessary to treat the problem with the achilles tendon, mid-foot and forefoot separately.

Surgery is avoided for mild cases but in extreme cases, surgery to re-align the foot may need to be considered. This is a major commitment and the risk of complications should be considered.

Where can I find out more?
If you have any questions we are happy to help. You may also like to search for ‘forefoot equinus’ on the internet for more information.
Contact us
Outpatient clinics
Phone: 0300 123 6756
Press 1 for clinics in Ashford, Dover, Deal and Folkestone
Press 2 for clinics in Canterbury, Faversham, Herne Bay, Whitstable and Thanet
Press 3 for clinics in Dartford, Gravesham, Swanley, Sittingbourne and Sheppey
Press 4 for clinics in Maidstone, Sevenoaks and Tonbridge
Press 5 for clinics in Medway.

Podiatric surgery
Phone: 0300 123 1540 and press 1.

Customer Care Team
If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the Customer Care Team.

Phone: 0300 123 1807, 8am to 5pm, Monday to Friday
Please say if you would like the team to call you back
Text: 07899 903499  Email: kcht.cct@nhs.net

Address: Customer Care Team, Kent Community Health NHS Foundation Trust, Unit J, Concept Court, Shearway Business Park, Folkestone, Kent CT19 4RJ  Web: www.kentcht.nhs.uk

If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.
You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

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