

the biomechanical behavior, and, therefore, adapting a new orthotic device [3,4].

Clinical interference

Patients with high arches and HV often have a poor foot posture and a high risk of developing a hallux valgus, a common foot deformity characterized by a lateral deviation of the big toe. The high arch and HV are associated conditions, (foot arch, the foot deformation), because the high arch often leads to a rigid foot (Boyd), one of the main causes of hallux valgus. Research has shown that the high arch is associated with a higher prevalence of hallux valgus, and the absence of arch support leads to the development of hallux valgus. Therefore, a high arch is a predisposing factor for the development of hallux valgus. Patients with high arches should be advised to use orthotic devices (ROM) in order to improve the foot structure, reduce the pressure on the foot and help to

Cause

Foot deformities such as hallux valgus are often associated with high arches.

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