FREQUENTLY ASKED QUESTIONS

Why do children need arch supports?
Arch supports guide the growing foot and give stability to non-supportive shoes. Research has shown that long term use of arch supports help establish a strong arch.

At what age can a child be fitted with arch supports?
From birth to age 3 no standardized arch supports are recommended. From age 3-6 the child is growing, and when foot or postural problems are noticed, they should be seen by their podiatrist for professional evaluation. By age six, the inherited foot structure is established and properly fitted arch supports are recommended.

How Can I Protect My Active Child From Injury?
While your young one is running up and down a sports field, they are putting up to five times their body weight on their feet with every stride. Multiply that by all of the running steps your child takes during a game and you’ve got tons of pressure going on those growing feet every season!
Sports cleats may help to improve your child’s sports performance but they typically don’t properly fit your child’s growing arches. Cleats are designed primarily to grip the ground as your child runs and their size is based only on your child’s shoe size. Especially as your child’s feet grow, it’s vital to ensure that their arches are properly supported, no matter what their shoe size is. When you stop by your local Good Feet store, a Good Feet Certified Arch Support Fitter will personally size your child with arch supports that can fit into his or her favorite shoes.

VISIT GOODFEET.COM FOR INFORMATION ABOUT GOODFEET PRODUCTS & SERVICES
CHILDREN SHOULD BE ACTIVE
Most parents are aware that getting their children to play outside can reduce their risk of childhood obesity and other health issues. But it's hard to keep your child active if his or her feet hurt.

WHAT TO DO WHEN YOUR CHILD COMPLAINS OF SEVERE FOOT PAIN?
When your child complains of severe pain, consult a doctor to confirm that more serious problems are not the cause of your child's discomfort. Most youth "fashion" shoes typically aren't designed to help stabilize and support a child or adolescent's growing foot, so pain after walking, standing or running may be due to poor shoe fit. In addition, unsupported arches can lead to foot pain, poor posture and other body imbalances. For everyday aches and pains caused by sports activity or flat feet, consider Good Feet Youth arch supports.

ARE YOUTH ORTHOTICS & ARCH SUPPORTS SAFE FOR CHILDREN?
Your child's feet need room to grow and the freedom to move and flex with the demands of sports and play. This is why doctors and podiatrists rarely require children to wear stiff orthotics or "corrective" devices. Good Feet's Youth arch supports are flexible with gently sloping arch support that provide just enough support to young feet, keeping them stable during walking, standing, running or physical activity.

YOUTH ARCH SUPPORTS OFFER PREVENTATIVE CARE
Many adult foot problems can be traced back to improperly fit shoes or lack of adequate support during childhood. In fact, many stylish shoes kids like to wear lack the proper support a growing foot needs during the most critical developmental years.

Good Feet youth arch supports - which are light and thin enough to fit into any shoe - supports a child's growing feet for any style they choose or activity they like to participate in.

YOUTH REFITTING PROGRAM
It is essential to bring your child in for an arch support sizing check-up by a certified Good Feet arch support specialist every 6 months or every time your child outgrows his or her shoes — whichever comes first. Good Feet’s youth refitting program is a great way to ensure your child's supports are always the proper size for his or her foot. See your local Good Feet store for program details.

ENDURAFLEX
+ Great for light to moderate activity
+ Adds comfort and support for everyday walking and playing
+ Flexes slightly with your child’s body weight, while remaining firm enough to promote proper body alignment

The EnduraFlex Youth arch support is designed to support the feet and arches of youth 6 years to 17 years of age. Made in USA

SPORTFLEX
+ Great for activewear or sports cleats
+ Adds comfort to moderate to intense physical activity
+ Promotes performance enhancement capabilities while providing proper support

The SportFlex Youth arch support is designed to support the feet and arches of youth 6 years to 17 years of age. Made in USA

This gentle foundational support adds comfort for a child's everyday activities. The arch support is molded of a material that flexes slightly with your child’s body weight, while remaining firm enough to promote proper body alignment.

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