

Podopaediatrics

Foot & Lower Limb Problems in Children



There are numerous problems that can arise in the paediatric foot. This leaflet will help you to identify an abnormality in your child's foot and whether there is a need to see a podiatrist.

Foot & lower limb development

In the early stages of life, the feet and lower limbs undergo many changes during certain phases of developmental milestones. Observation of the child during walking can highlight any abnormalities present.

Some developmental milestones suggest that at 6-7 months the baby will sit unassisted. By 12 months the child may briefly walk. This style of walking will usually be characterised by wide position of the limbs for stability and the arms being held high for balance. Heel to toe walking is usually achieved by 3 years of age.

It should be established that these stages of developmental milestones will vary considerably depending on the type of birth (breech, premature etc.), and from child to child.

It is important to recognise when an abnormality is present.

- Is your child walking differently to other children?
- Does your child refuse to walk?
- Are there any complaints of tiredness, aches or pains during walking or at night?

If so, see your podiatrist.....

The following are some of the more common foot problems that occur.

Flat foot



Flat foot is a condition of the foot often associated with gross in-rolling of the foot. Flat feet can occur for a number of reasons: poor development of the bones in the foot, family history and rotational problems in the limbs are just a few.

Standing behind your child can you see the 5th, 4th, 3rd or 2nd toes?

If so, it is important to have your child assessed by a podiatrist.

In-toeing

This is where the child walks with one or both of their feet pointing inwards. The abnormality is often associated with the development of the lower limbs after birth. Research suggests that 30% of children will in-toe at the age of four.

In-toeing can cause the child to trip during walking. If this occurs, you need to see your podiatrist.

Knock knees



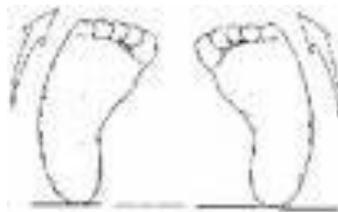
This is where the knees point inwards to face each other. During walking, the knees can also rub together. Knock knees can be associated with flat feet or other rotational problems in the lower limb.

Bow legs



This abnormality is characterised by the knees facing outward and when standing there is usually a large gap present between the knees and the lower legs. If left unresolved, these abnormalities of the feet and lower limbs may cause problems in the hips and knees in later life.

Metatarsus Adductus



A deformity where the outside border of the foot takes a 'C' shaped position. This condition can be associated with the position of the feet in the womb or poor growth of the foot.

Other abnormalities

- Toe walking
- Curly toes
- Toes that sit under / over other toes
- Limping
- Hip & Knee Pain
- Heel pain
- Fatigue when standing for long periods
- Verrucas
- In-growing toenails

Other indications to be aware of

A family history of foot or lower limb problems, hip abnormalities at birth, breech or premature births, taking medication during pregnancy, late walking, lumps and bumps present on the feet or limbs, sleeping and sitting positions.

It is important to have your child assessed by a podiatrist to investigate any abnormalities that

may be present. Many problems can be successfully treated when the child is young. The assessments carried out by the podiatrist are painless, with little inconvenience. Our clinic is very child-friendly, and our podiatrists are very knowledgeable about paediatric foot and lower limb problems.

Take advantage of our **free** paediatric assessment clinics, or book an appointment to see the podiatrist today.

Please feel free to call us....

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