



Infants, Children And Adolescents

Diplomates of
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of Pediatrics

Medical Group
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FOOT PROBLEMS?

FLAT FEET

Flat feet are normal in infants and early childhood. The normal arch develops in about 85% of children by age 3 or 4.

Special shoes, arches, wedges, orthotics or inserts do not promote or interfere with the development of the arch. In fact wearing a pad under the arch of a simple mobile flat foot may make the child less comfortable.

Please let us know if the foot is stiff, painful or appears extremely severe.

BOWLEGS AND KNOCK-KNEES

Normally most children start off bowlegged and then become knock-kneed. These conditions are normal in most children. Special shoes or wedges do not make a difference. Time and normal growth are the best treatment. Further evaluation may be required if the condition is very severe or if it occurs only on one side.

IN-TOEING

This is a very common problem in childhood and is usually outgrown. In-toeing can be classified into three forms:

- a. hooked foot (metatarsus adductus)
- b. tibial torsion
- c. femoral torsion

Hooked foot is when the inner aspect of the foot from the big toe to the heel is curved instead of straight. This is due to the infant's position before birth. If very flexible, these get better without any special treatment. If not, we may recommend an orthopedic referral and casting may be necessary.