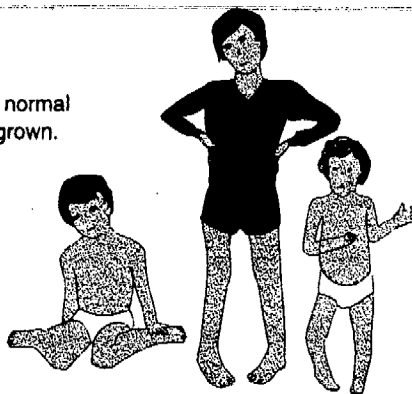


WHAT PARENTS SHOULD KNOW

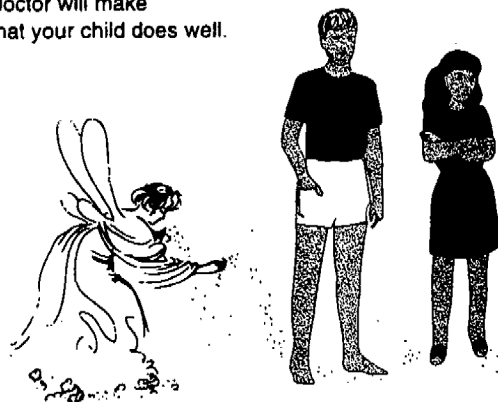
about bent or twisted legs, flatfeet, and shoes for children.



Most variations of normal childhood are outgrown.



Your doctor will make sure that your child does well.

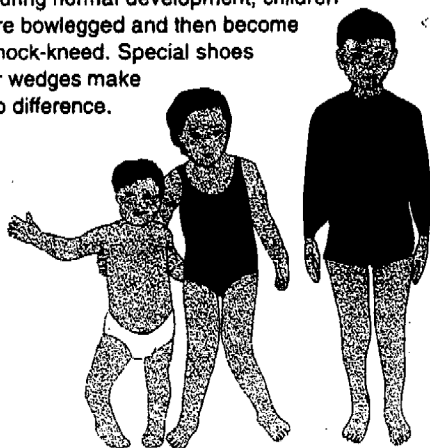


Mother Nature's treatment is safe, inexpensive, and effective!

Most variations only require the magic of time.

BOWLEGS AND KNOCK-KNEES

During normal development, children are bowlegged and then become knock-kneed. Special shoes or wedges make no difference.



Your doctor may be concerned if the condition is



severe,



occurs only on one side,

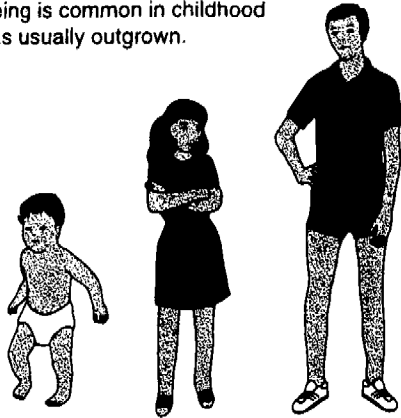
Your doctor will decide if your child's bowlegs or knock-knees are a normal form. If it is determined that the condition is normal, time is the best treatment.



or runs in the family (especially if the family tends to be unusually short in stature).

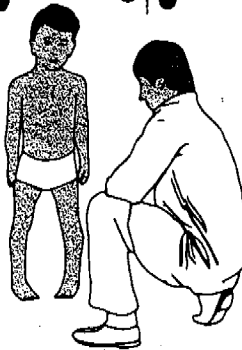
INTOEING

Intoeing is common in childhood and is usually outgrown.



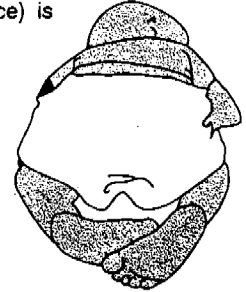
There are three causes of in-toeing which your doctor can determine:

- a. Hooked foot
- b. Tibial torsion
- c. Femoral torsion

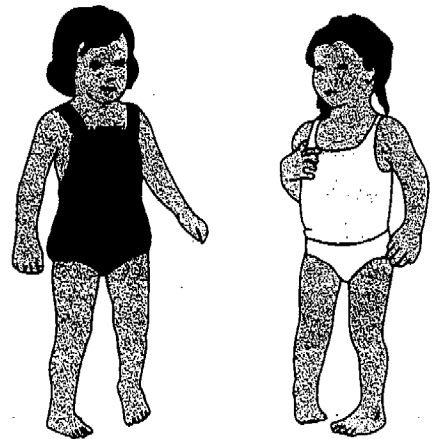


TIBIAL TORSION

Tibial torsion results when the normal process of leg rotation (from a confined position before birth to a more turned-out stance) is prevented by the child's sleeping posture.

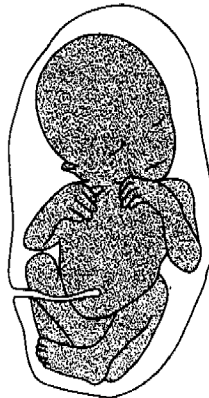


Most legs with tibial torsion get better without treatment.



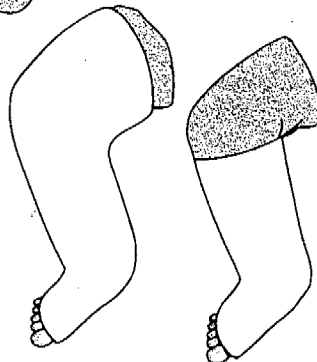
HOOKED FOOT

Hooked foot is caused by the position of the baby before birth.



Most hooked feet get better without treatment during the baby's first month,

If not, casting may be necessary.



FEMORAL TORSION

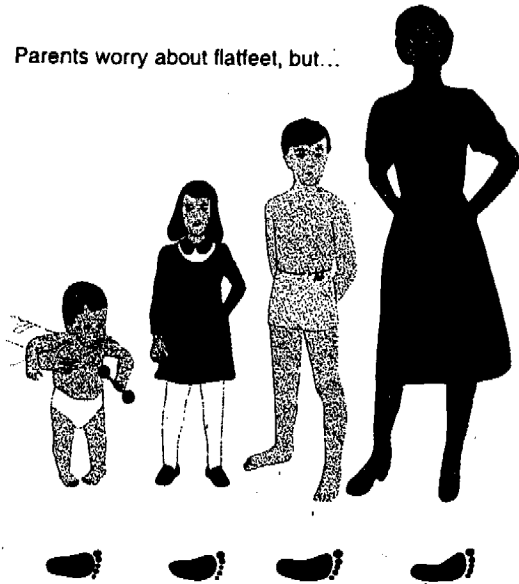
The cause of femoral torsion is unknown. Femoral torsion is usually most severe when the child is about 5-6 years old. Most children outgrow this condition.



Shoe modifications and braces do not work for femoral torsion. They can make the child uncomfortable and self-conscious and can hamper play.

FLATFEET

Parents worry about flatfeet, but...



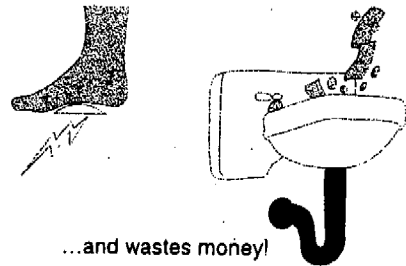
Flatfeet are normal in infants and young children. The arch develops whether the child wears shoes or goes barefoot. So special wedges, inserts, and heels are not necessary for the toddler who has flexible flatfeet.

Just as normal children are of different heights,



different arches have different heights.

Wearing a pad under the arch of a simple hypermobile flatfoot may make the child less comfortable,



...and wastes money!



However, one in seven children never develops an arch.



Children usually have low arches because they are loose-jointed. The arch flattens when they are standing.



The arch can be seen when these feet are hanging free or when the child stands on its toes.

The physician is concerned if the flatfoot is



stiff painful or very severe.

Physicians are most concerned about a high arch.

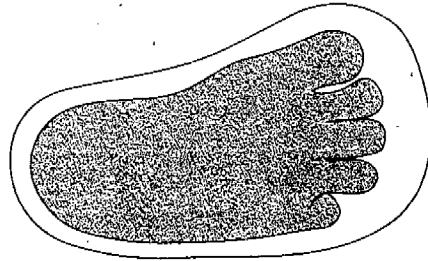
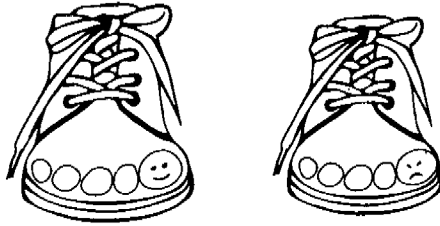


SHOES FOR CHILDREN

Barefoot people have the best feet!
Your child needs a flexible, soft shoe that allows maximum freedom to develop normally.

1. Points in shoe selection

Shoes are much better too large rather than too small.

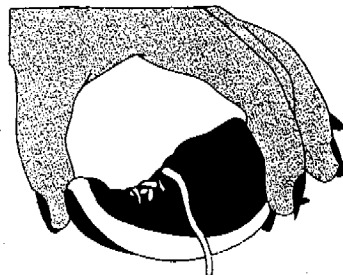


2. Flexible

Stiff supportive shoes are not good for feet because they limit movement that is needed for developing strength and retaining foot mobility.



A child's foot needs protection from cold and sharp objects, but it also needs freedom of movement.



3. Flat sole

Children's falls cause many injuries. A flat sole that is neither slippery nor sticky is best.

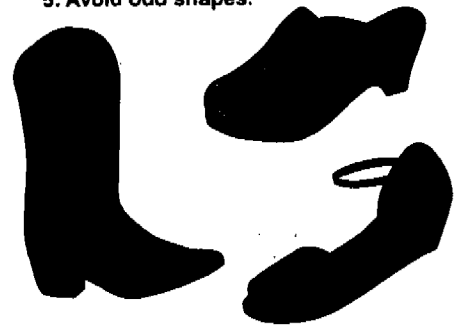


4. Soft porous upper

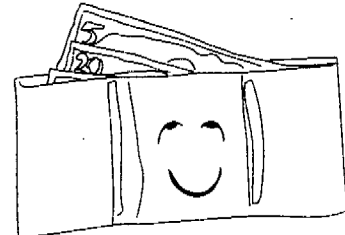
A material that breathes is best, especially in for warm climates:



5. Avoid odd shapes.



6. Good shoes need not be expensive



REMEMBER: The best shoe keeps the foot warm and protected, but allows freedom of motion and space to grow.