

# Advice sheet

## In Toeing

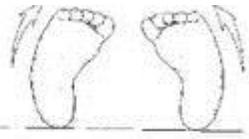
This advice sheet has been put together for parents who are concerned that their child's feet turn in too much, or that their child's walking style isn't developing in the same manner as their peers. It gives a simple explanation of the main causes and what to do about it. If concerns remain after reading the information below, further advice and support should be sought via the General Practitioner or Health Visitor, who will be able refer the child for physiotherapy or other assessment if necessary.

### Why do my child's feet turn in?

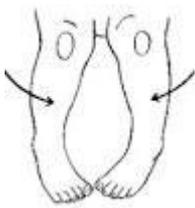
This may be caused by the position of the baby in the Womb before birth.

### What causes it?

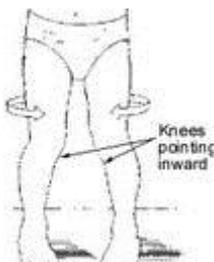
- *Metatarsus Adductus*: The heel is straight and the front part of the foot curves inwards.



- *Tibial torsion*: This is when the shin bone is twisted causing the lower leg and foot to turn in even though the kneecap points forwards.



- *Femoral Anteversion*: This is when the thigh bone turns in causing the whole leg to turn in.



- *Tight Hamstrings*: This is when the muscles at the back of the thigh are tight during a growth spurt which may cause the in toeing to worsen.

### Will my child be able to walk?

- Yes, although walking may appear more awkward initially with feet turning in.

### Will it get better on its own?

- Most get better without treatment. Rarely some are stiff and need some intervention.

### What treatment is available?

- *Metatarsus Adductus*: Most resolve spontaneously but some more severe cases may require stretches and advice.
- *Tibial Torsion*: This is very common and within the normal developmental range. It usually self corrects by age 4-5years.

- *Femoral Anteversion*: This is often noticed between the ages of 2-4 years and spontaneously resolves by 10 years.
- *Hamstring Tightness*: A programme of stretches during growth periods may help.

#### How can I help?

- Encourage cross legged or long leg sitting and discourage 'W sitting'. Cross legged sitting like this should be encouraged.



- This position, sometimes known as 'W' sitting should be discouraged.



- Out-toed activities such as ballet may help to strengthen the muscles that turn the legs and feet out.
- Games such as walking along a line and walking with feet turned out may help with muscle strength and reduce the imbalance.