

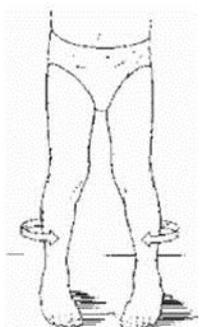
In-toeing: Information for parents

Introduction

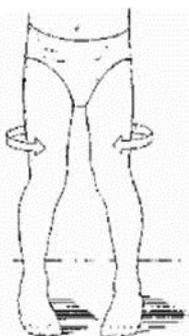
In-toeing is where the feet turn in when a child is walking and known as 'pigeon toe'. It is very common among young children, usually affecting both feet, although it may be just one. As the foot and lower limb grows and develops, it undergoes various positional changes that may look like a problem, but may just be a matter of developmental change.



Metatarsus Adductus: This is an inwards movement at the middle of the foot present from birth. It usually corrects itself, if the foot is flexible. If the foot is stiff you may need advice regarding stretches.



Tibial Torsion: The shin bones (or tibia) rotate towards each other causing the feet to turn inwards. This will usually correct itself by the age of four to five, as the bones grow and mature pattern develops.



Femoral anteversion: This is where the thigh bone (or femur) turns inwards, which causes the whole leg to turn in. It is most noticeable between the ages of two and four. It usually corrects itself by the ages of eight to ten.

The Facts

- 40 per cent of children will in-toe at some point during their development. Four percent of adults in-toe
- Walking patterns continue to change until approximately eight years old
- Physiotherapy cannot change the shape of your child's legs or walking pattern. This will improve naturally with time
- Falling is not caused by in-toeing, but is part of learning to walk and usually reduces over time as the child matures. Your child's in-toeing will probably be more noticeable when they are tired, or have a growth spurt.

What can I do?

- Ensure your child is wearing correctly fitting shoes
- Encourage your child to be physically active through play and sporting activities.
- Encourage your child to sit with legs crossed. Avoid the "w sitting" position

Contact Us

Children's Physio Direct

Call: 0300 421 6980

Monday to Friday, 9am to 12pm

(excluding Bank Holidays)

For 0-16 years (or 16-19 in full-time education)

Your experience

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire, or on our community health or adult social care services, you can contact one of the advisers from our service experience team. All enquiries are completely confidential.

You can contact us between 9am and 5pm, Monday to Friday.

This leaflet can also be supplied in braille, audio format, PDF, large print, easy-read and other languages on request.

Telephone 0300 421 8313 (answerphone available outside office hours)

Email: yourexperience@glos-care.nhs.uk

Write to: Service Experience Team, Gloucester Care Services NHS Trust, Edward Jenner Court, 1010 Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4AW