Foot and Leg Posture Concerns

Foot and leg posture concerns are the majority of referrals to the Therapy ACT Physiotherapy Drop-In Clinic. In past years it was common for children to be placed in leg braces, corrective footwear or perform exercises to try and correct these deformities. However, these interventions have not been found to be helpful, as the cause of these postures is the way the bones are positioned and not due to soft tissue problems. In most cases foot and leg posture concerns correct over time.

Flat Feet

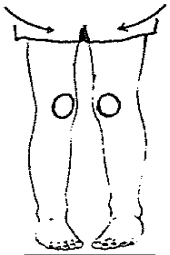
Flat Feet is where the arch of the foot is flattened, so that the entire sole rests upon the ground. 80% of children develop an arch by age of 6 years, however 1 in 5 children never develop an arch. Shoe inserts do not create a permanent foot arch, but may be recommended if your child is experiencing pain in their legs**. If you are concerned that your child's feet are stiff, painful or if it is affecting their walking you could attend a physiotherapy drop in clinic held at Therapy ACT.**

Intoeing

Intoeing is where the feet turn inward. This may be caused by the feet (usually as a newborn), legs (usually 1-3 years of age) or hips (usually 3-10 years of age). Spontaneous correction is typically expected and no exercise or orthotic will correct **turning** in, unless muscle weakness, tightness or rolled in ankles is present also. This tends to be associated with W sitting or sleeping on stomachs with legs tucked up, so try and discourage this**. If you are concerned that your child's foot is held stiffly, in pain or having difficulty with walking you could attend a physiotherapy drop in clinic held at Therapy ACT.**

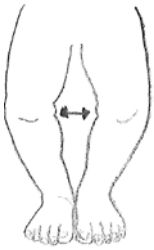
Feet

Knees



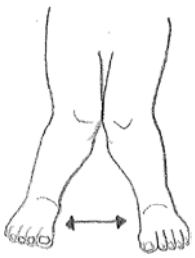
Hips

Bow Legs



Bow legs are where the knees are separated whilst the ankles are close together. This is part of normal development and legs usually maximally bow at 6 months of age. With typical bow legs it tends to be the same for both legs and should start to straighten out after 18 months of age. **If there is extreme bowing, difference between the legs, or if it gets worse over time there may be an underlying cause that needs to be investigated, so please see your GP.**

Knock Knees



Knock knees is where the knees are close together and the ankles are spread widely apart. Again this is part of normal development and legs are maximally knock kneed at 4 years of age. The knock kneed posture of children usually straightens out by 8 years, however a knock-kneed appearance continues into adulthood for some children . **If there is extreme angulation, difference between the legs, or if it gets worse over time there may be an underlying cause that needs to be investigated, so please see your GP.**