

Children's feet start developing before birth and don't stop growing until their early adult life. As their feet and legs change greatly, it can be difficult to know what's normal throughout the years – and what could be a cause of future pains and problems. Our podiatrists work to help kids stay healthy, happy and active as they grow, adventure, explore and play.

We help kids with problems including:

## GROWING PAINS

**Sore heels, knees or arches, especially during sport?** Growing pains are painful and restricting medical conditions that affect children most often between the ages of 8 and 16 years. They are caused by irritation to the *growth plate*, a softer area of the bone present in all growing bones, to which new bone is added. When muscles and tendons pull on the bone, the growth plates can become irritated, resulting in pain and swelling - and what we all know as 'growing pains'. Growing pains most often affect the back of the heels, the knees and the feet, and despite common belief, are very treatable and don't need to be waited out.



## PLANTAR WARTS

**Plantar warts are small, rough, round growths** known as *verrucae*. They tend to present on the bottom of the foot in the outer layer of the skin, and are caused by a virus (HPV) that is often contracted in childhood. While warts are not a serious cause for concern, they can become very uncomfortable and painful when they appear on the bottom of the heel or the ball of the foot, making it painful to walk.



## INGROWN TOENAILS

Ingrown toenails occur when a small piece of nail pierces and penetrates the skin that surrounds it. From there, the nail will keep growing into the skin until it is removed, causing pain, swelling & redness. Even wearing shoes can be painful if they press on the toes. In kids, the most common cause for ingrown is an incorrect nail cutting technique, specifically 'picking' at or pulling the nails. Ingrown nails can be treated as a one-off to remove the nail spicule, or the ingrown edge can be permanently corrected.



## IN-TOEING & OUT-TOEING

In-toeing is often referred to as pigeon-toeing and describes the position where children are walking with their feet turned inwards to face one another. Out-toeing, on the other hand, is referred to as being duck-footed and describes the position where the feet are twisted outwards away from one another instead of pointing straight ahead. Both rotations may be mild or very pronounced, and may affect one or both feet. Managing both conditions is important because without treatment, kids are more likely to trip and fall, it may have an impact on their muscles and ligaments, and the body may start to make other compensations or over work, which puts them at a higher risk of pains & aches.



## KNOCK KNEES & BOW LEGS

Knock knees are when the knees turn in to face one another. This means that they may knock against one another during walking, putting the child at risk of tripping, falling, pain and other injuries to the knees. Bowed legs are when the legs and knees are curved outwards while the feet are still together. It is most often associated with the baby's position in the womb. Both conditions typically resolve before age six, and may be exaggerated by other problems with the structure and function of the feet. If knock knees or bow legs continue past the age of six, it's important to rule out any underlying bone conditions or deficiencies, and treat these effectively.



Our Values – We:



love what we do



challenge the status quo



are stronger together



aim to continuously improve



do what we say, sometimes more, never less