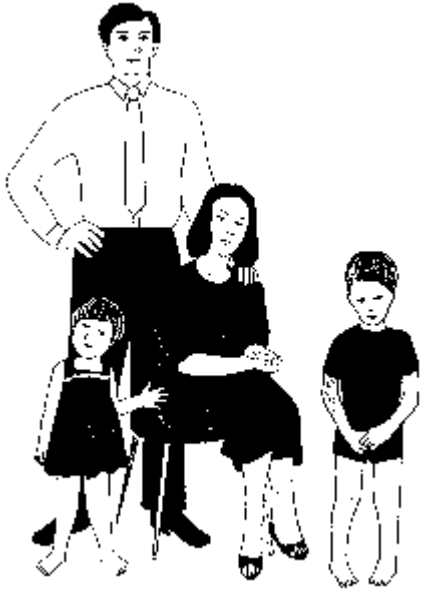


What Parents Should Know

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



Most variations of normal childhood are outgrown.



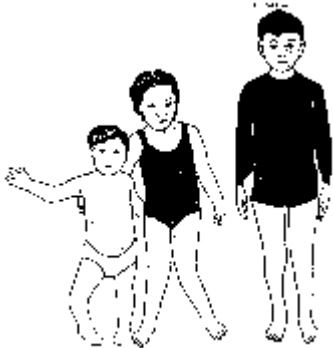
Your doctor will make sure things go well



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

Bow legs and knock knees

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



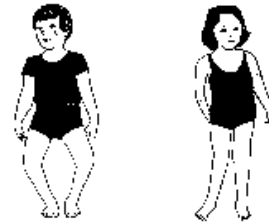
Your doctor will decide if your child's bowed legs or knock knees are a normal form. If it is determined that the condition is normal, time is the best treatment.



Most variations only require the magic of time.

Your doctor may be concerned if the condition is:

Severe..



Occurs only on one side.



Or runs in the family (especially if the family tends to be unusually short.

Bow Legs

Normal if: < 3 years of age
Symmetric
Normal child/normal milestones

Knock knees

Normal if: 3 – 7 years of age
Symmetric
Normal child

N.B. may make in-toeing look worse

In-Toeing

3 causes: Metatarsus adductus
Tibial intorsion (twist in of shin bones)
Femoral anteversion (twist in of thigh bones – inset hips)

Flat Feet

Normal in children
Orthotics not needed
Ok for military service
Stand child on tip-toes to demonstrate medial arch

LIMP

1 – 2 years D.D.H.
Sepsis
Immature gait pattern

2 – 3 years D.D.H.
Sepsis
Toddler's Fracture of Tibia – may not show on initial film
Irritable Hip

4 – 8 years Perthes
Sepsis
Irritable Hip

11 – 14 years Slipped Femoral Capital Epiphysis
Sepsis

To exclude infection: Temperature
WCC & ESR / C-Reactive Protein