

Intoeing/ out-toeing are common in children and are often considered part of development. Your child's feet will become straighter over time without the need for treatment.

What is intoeing/ out-toeing?

Intoeing develops from one of three areas: the foot, the knee or the hip.

Metatarsus Adductus (Foot)

This is the most common cause of intoeing from birth to two years of age. It is believed to be caused by positioning in the uterus or family history. If the foot is flexible and can be gently pulled into the correct position, no treatment is necessary. If the foot is rigid and your child is under eight months of age, your doctor may recommend casting.

Tibial Torsion (Knee)

This is usually noticed after the second year of life, after the child has started walking. The shin bone (tibia) is slightly twisted or rotated causing the foot to turn inward. This may be due to the position while in the uterus or family history. The child sitting on his feet may worsen the condition.

Femoral Anteversion (Hip)

Children between the ages of three and seven may walk with their knee caps pointing inward. This is caused by a slight rotation of the top of the hip bone (femur) in the socket of the hip. This occurs more often in girls.

Out-toeing usually occurs during the first year of life. It is due to the position of the hips while in the uterus and will resolve without treatment.

What is the treatment for intoeing/ out-toeing?

Observation is the best treatment for intoeing/ out- toeing. You can take pictures each year of your child standing and then compare the progression of the straightening process. Very rarely is another form of treatment necessary. If your child does not outgrow this condition by the age of ten, surgical options may be considered.

Facts about intoeing/ out-toeing

- Intoeing is common in children.
- Bracing, twister cables, and corrective shoes are not necessary. Many years ago it was believed that these treatments helped correct intoeing, but years of studies have proven they are not effective.
- Falling is a part of learning to walk and is not exclusively caused by intoeing.
- Intoeing will not affect your child's ability to walk, run or play.