

FRANCE-SHELTON FOOT HEALTH CENTRE

Managing Children's Foot/Ankle Problems

Preliminary "Screening" Examination

During the initial consultation, a detailed medical history will be obtained, including whether the child was born "full-term" (vs. premature) and "normal birth" (vs. breach delivery). Then, we'll examine any areas of discomfort the child mentions (or the parents have observed). This will be followed by a brief observation of his/her walking barefoot and with shoes on.

Any obvious abnormalities will be identified and explained. If any follow-up assessment or treatment is recommended, this will also be explained. While immediate care may not be necessary, periodic musculoskeletal development progress check-ups may be advised.

Excessive "Intoeing" or "Out-toeing"

Rotational abnormalities can originate at the hip, within the thighbone, within the lower leg or within the foot. The treatment recommendations vary depending upon the level of the problem. It should be noted that even if the primary problem is based in the thigh or lower leg, the foot will function abnormally to compensate. This, in turn, can adversely affect foot development—increasing the odds of future foot deformity.

Biomechanical Assessment

This is a one-hour examination that includes digital video gait analysis on a treadmill. The range of motion of the forefoot, midfoot, rearfoot, ankles, knees and hips are measured. Muscular weakness and/or tightness of various muscle groups will be noted as well. Your child may be given stretching and/or strengthening exercises to do on a regular basis at home. To learn more about our biomechanical assessment, [click here](#).

Custom-made Shoe Inserts

Following your child's biomechanical assessment, a plaster of Paris cast impression of his/her feet (held in their neutral functional position) will be taken. This is then sent to a laboratory that specializes in fabricating custom-made orthotic devices. Depending upon the findings of the biomechanical assessment, your child's orthotics may be considerably different than adult orthotics. In approximately three weeks, we'll contact you for an appointment to fit your child's new orthotics. To learn more about custom-made orthotics, [click here](#).

Make an appointment to get the treatment you need - Call 0121 384 3244

Your foot comfort is our business...our only business!

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