

FOOT & ANKLE CENTER OF FRISCO

PODIATRIC MEDICINE AND SURGERY

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Does my child need orthotics?

Children, ages 3 years and above, benefit from orthotics when there is an abnormal gait secondary to an underlying foot or leg deformity. Orthotics should never be used without a professional podiatric evaluation as improper use can be potentially harmful and also waste your money. Look at the signs and symptoms listed below to see if a podiatric evaluation is indicated:

- Complaining of knee, ankle or foot pain after activities
- Your child cannot keep up with other children their age
- You visibly notice a difference in gait between one child and his/her sibling
- Excessive arch collapse, knock knees, or bow legs
- In toeing (pigeon toe)
- Child frequently trips and falls
- Bunion or hammertoe deformities

Any of these signs could potentially lead to increasing pain and future development of painful arthritis. Let the Foot & Ankle Surgeons at the Foot & Ankle Center of Frisco perform a comprehensive biomechanical exam on your child to see if anything can be done to prevent progressive deformity and pain.

