

Feet turn in Feet turn out Who Cares?!?!

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E A S T W O O D
— ORTHOPAEDIC CLINIC —

Staying Out of Trouble in Pediatric Orthopaedics

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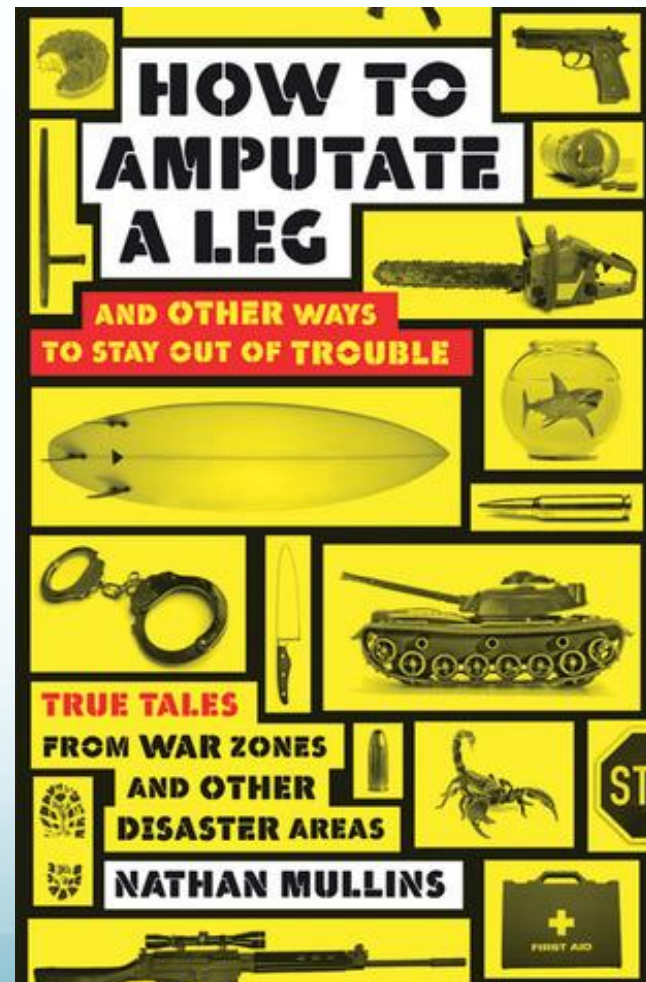
LIPPINCOTT WILLIAMS & WILKINS

Why Paeds Ortho?..

- 30% of GP visits are for children
- 40% of GP visits are for musculoskeletal complaints
- Children are challenging
- Parents can be even more challenging!!....

Staying out of trouble...

- Flat feet
- Intoeing
- Curly toes
- Trigger thumbs



Flat feet

- 80% of 2yr olds have flat feet
- 20% of 8yr olds have flat feet

- For most kids it is NORMAL
- Which ones are not normal?..



Congenital Vertical Talus



Tarsal coalition

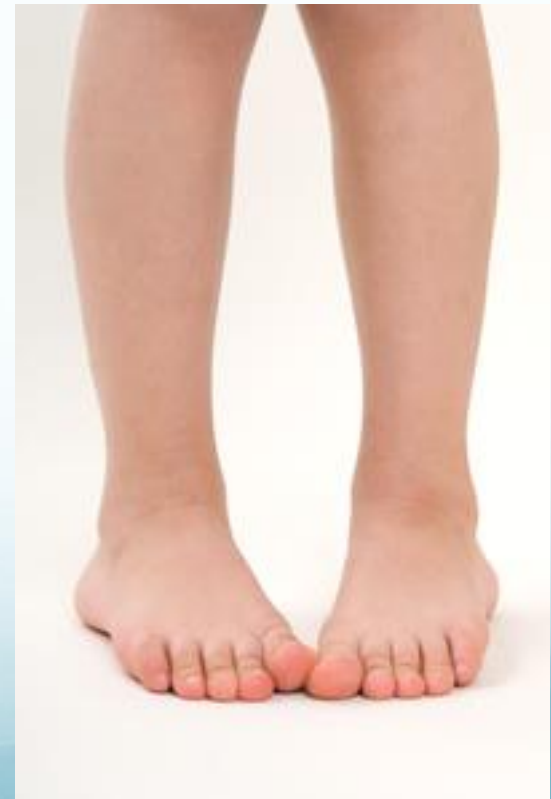


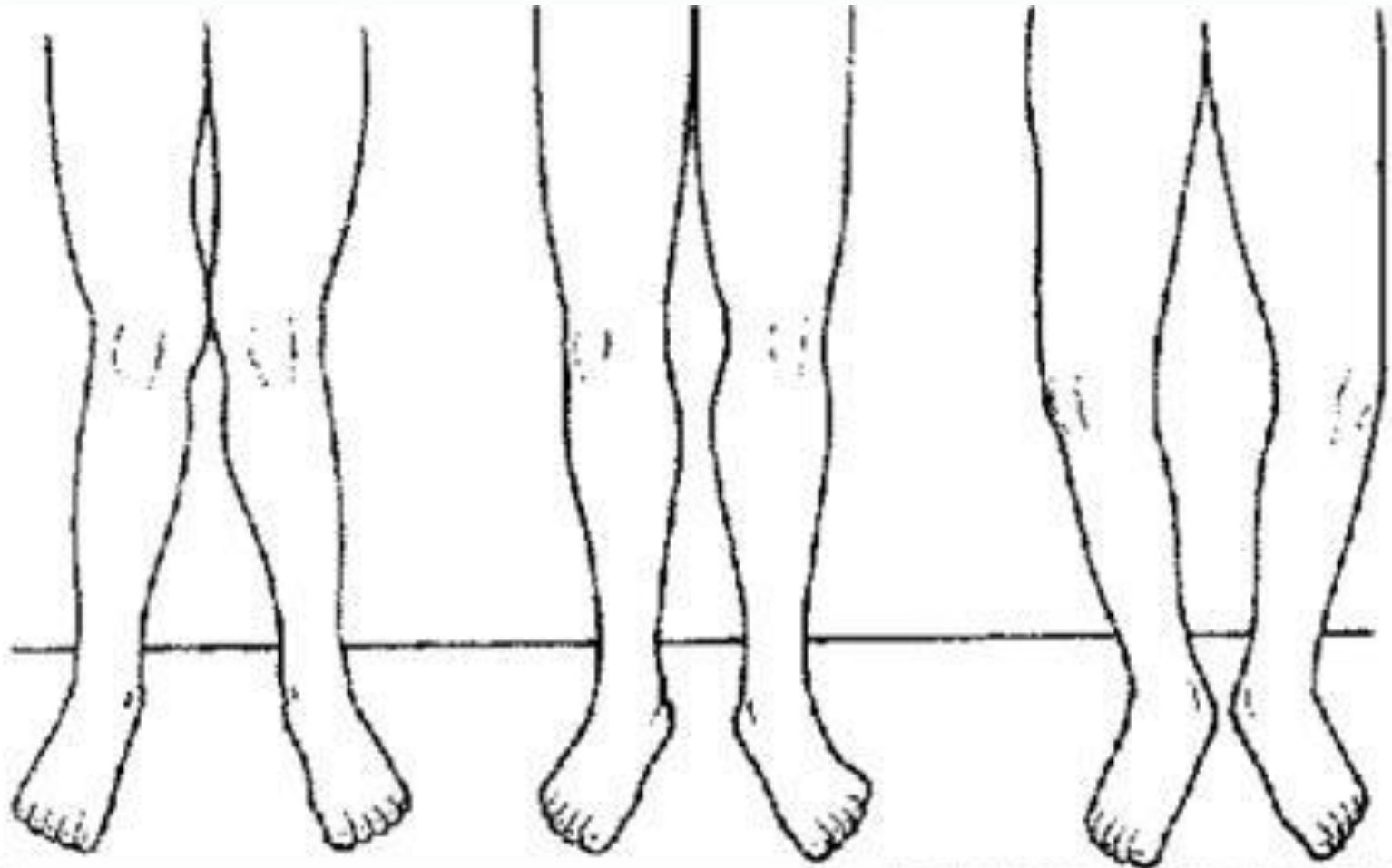
Take home points

- Painless flexible flat feet are OK
- Painless rigid flat feet are probably OK but should be referred for discussion
- Painful flexible flat feet are probably OK but should be referred for orthotics and possibly surgery
- Painful rigid flat feet should be referred for surgery

Intoeing

- Physiologic change in lower limb alignment
- Intoeing is usually due to;
 - Femoral anteversion
 - Internal tibial torsion
 - Metatarsus adductus

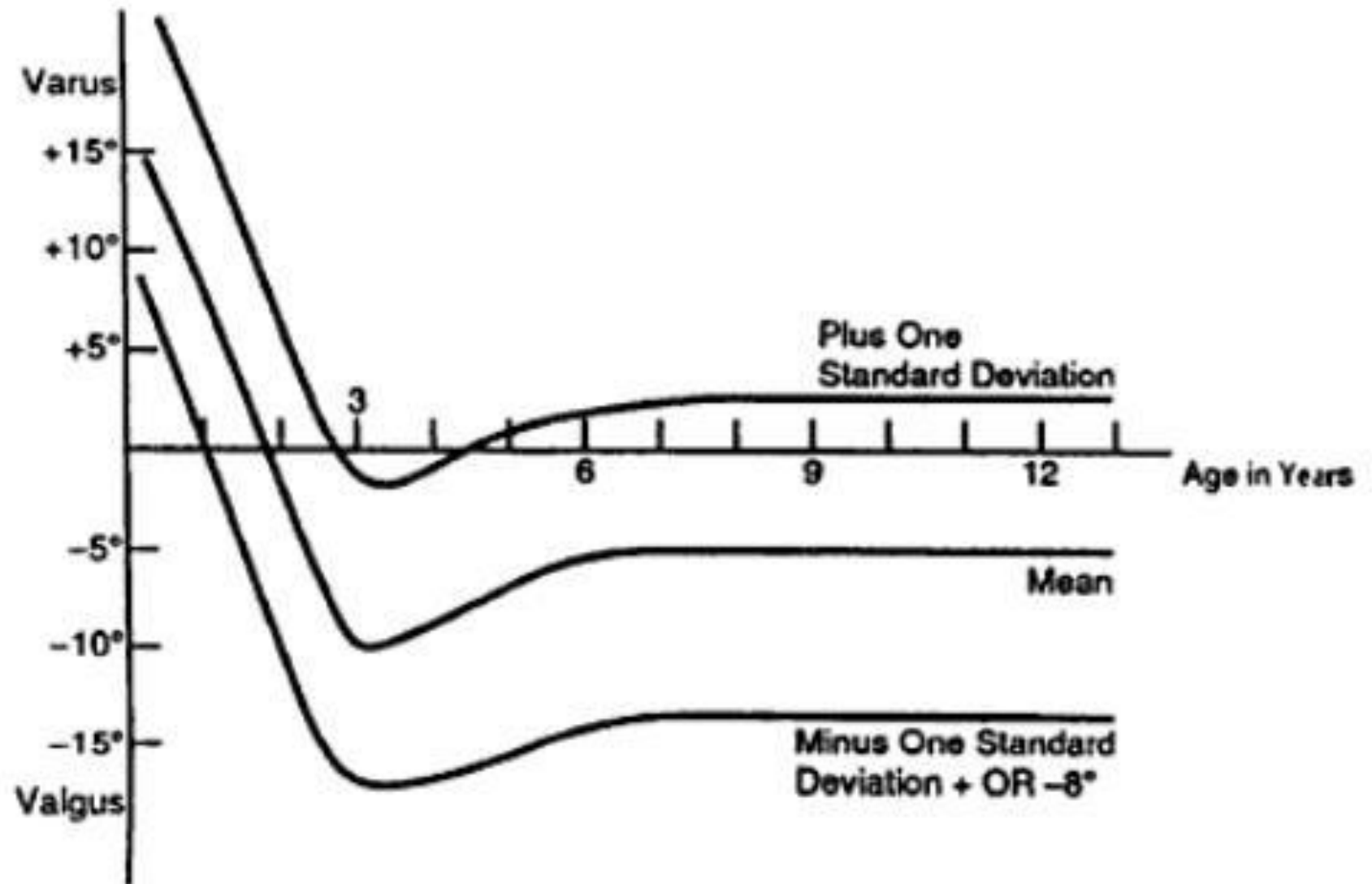




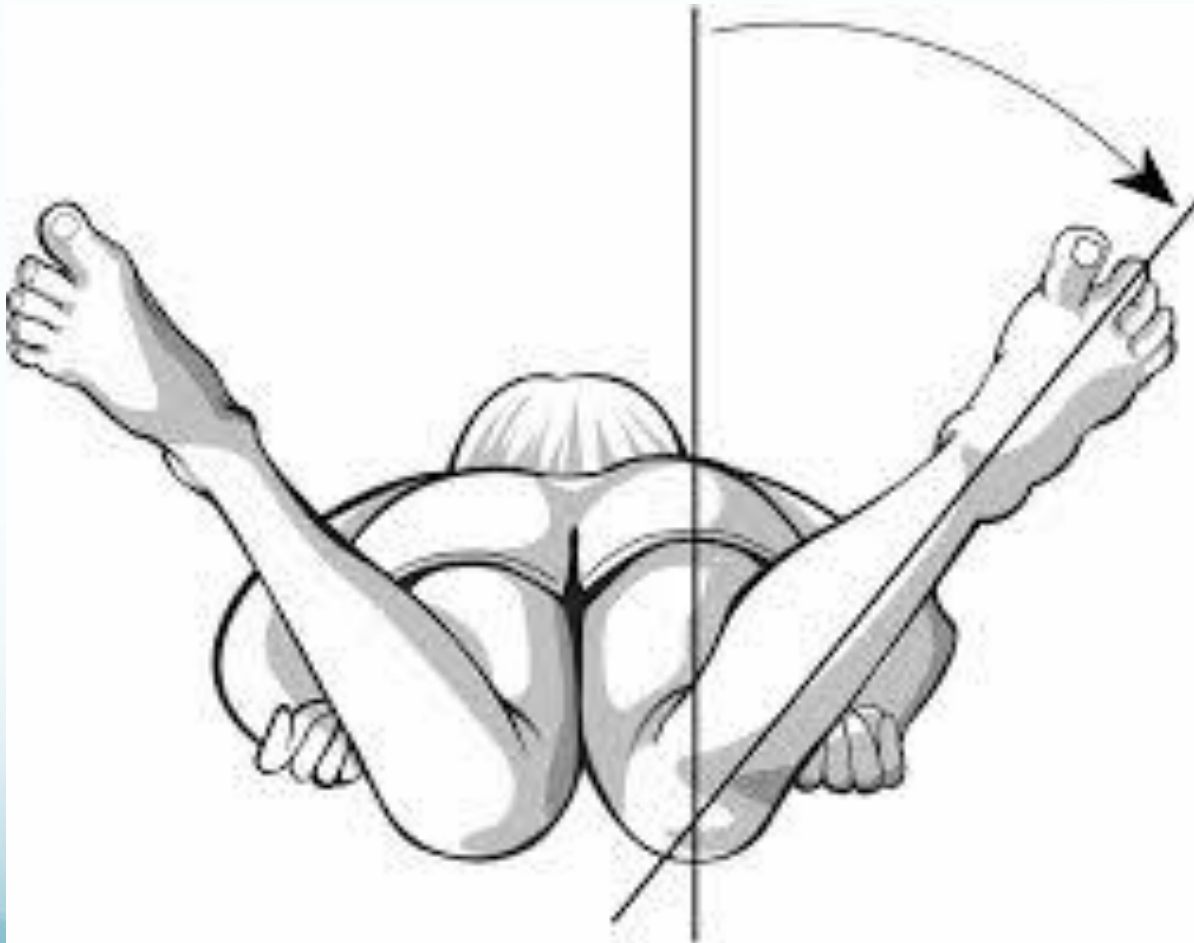
Genu valgum

Normal

Genu varum

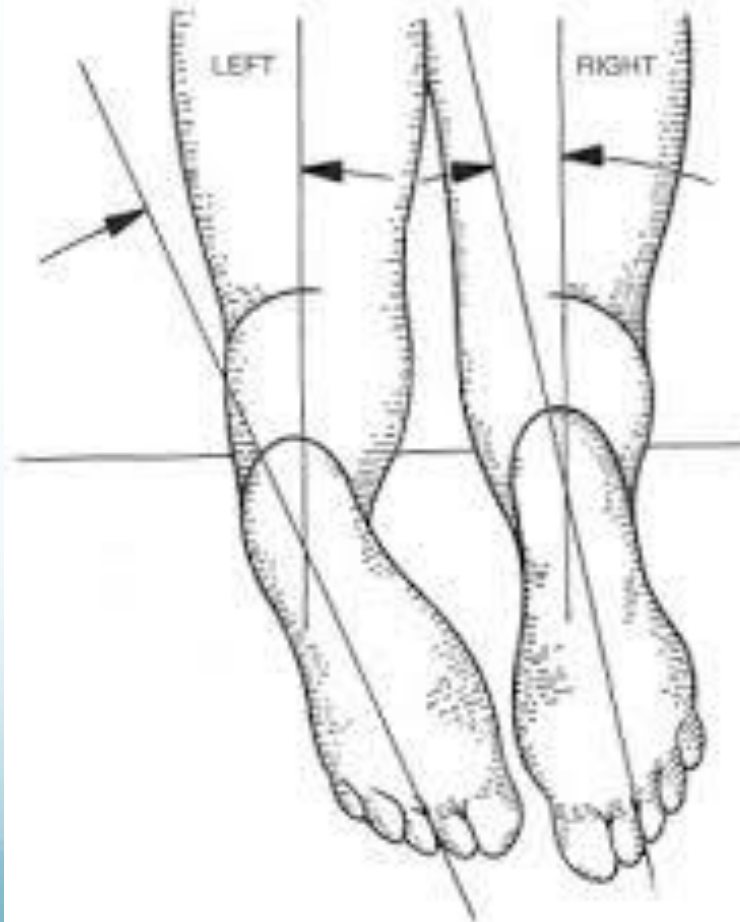


Femoral anteversion



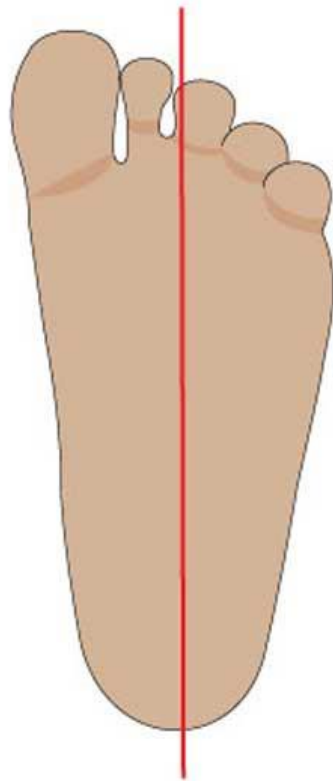
Internal tibial torsion

FIGURE 2: Measurement of thigh foot angle with patient in the prone position and knees flexed. Normal external rotation of 10° on the right and an example of internal rotation of 25° on the left side.

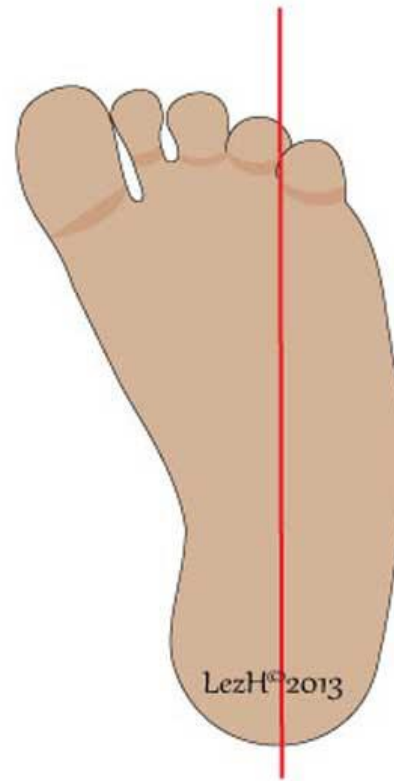


Metatarsus adductus

Normal



Metatarsus Adductus

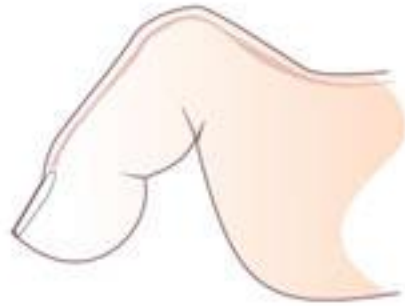


Curly toes

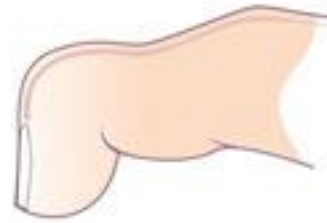




Hallux valgus



Hammer toe



Mallet toe



Claw toe



Curly toe



Polydactyly



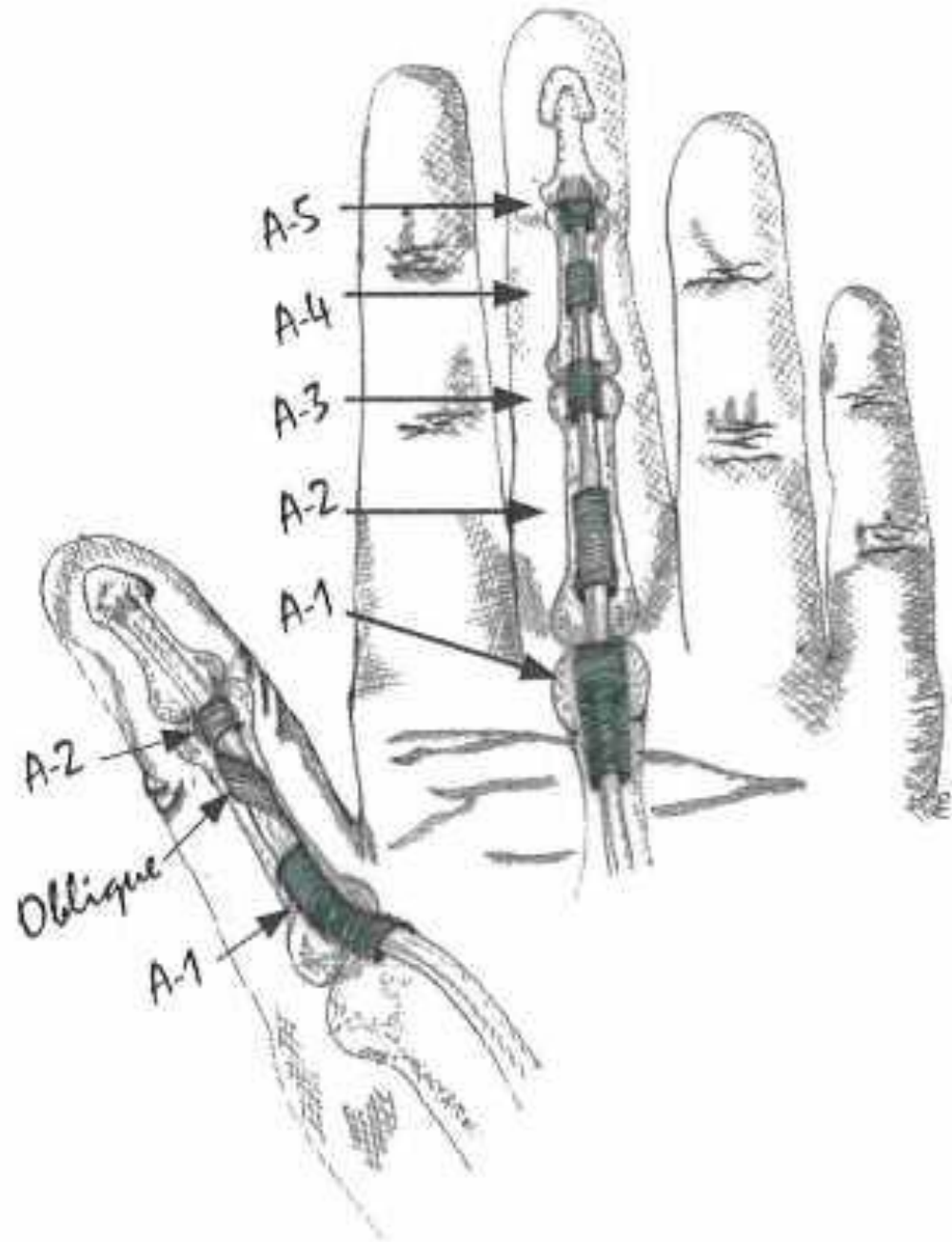
Syndactyly

Curly toes

- Usually stretch out with growth and weight
- If still present and problematic by age 4 look at correction
- Toenail deformities and/or infections are an indication to intervene

Trigger thumb





Trigger thumb treatment

- Can resolve spontaneously
- Splinting is controversial and difficult for parents
- Surgical treatment consists of simple A1 pulley release
- Provided correction prior to age 4, thumb function will be normal long term