

Title: Intoeing and Your Child: a focus on internal tibial torsion

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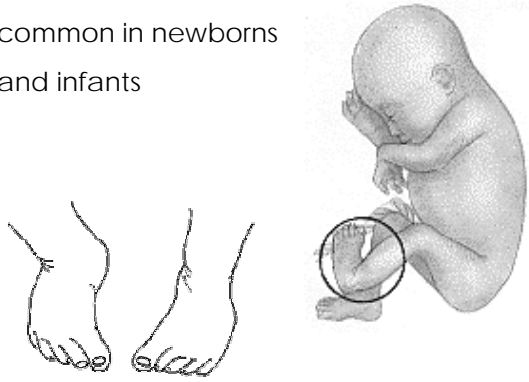
Abstract: It is not necessary to treat in-toeing as a result of medial tibial torsion in children under the age of 8, as tibiae rotate laterally as children grow. If a severe cosmetic or functional deformity persists after age 8, or if the angle of rotation at that time is greater than three standard deviations from the mean (more negative than -15 degrees), then surgical intervention may be considered.

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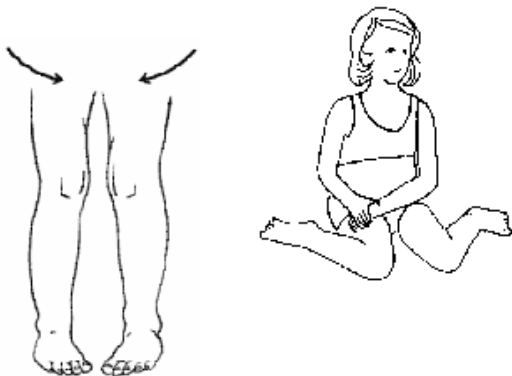
Other Types of In-Toeing

Metatarsus Adductus:

Curving of the foot bones inward from the ankle. This is due to how some babies fit in the uterus. It is most common in newborns and infants



Femoral anteversion: inward rotation of the thigh bones. It is most common in children older than toddlers. Children with this abnormality tend to sit in a "W" shape.



**IN-TOEING AND YOUR CHILD:
a focus on
internal tibial torsion**

For more information on in-toeing, visit:

<http://familydoctor.org/online/famdocen/home/children/parents/special/bone/202.html>

Internal Tibial Torsion

My child walks with her toes in—what should I do?

See your physician. There are 3 different causes for in-toeing: internal tibial torsion (the focus of this flyer), femoral anteversion, and metatarsus adductus (on the flip side).

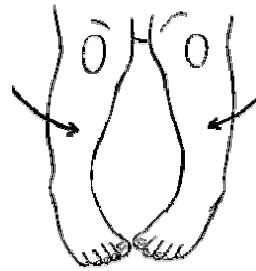
It is important to determine the cause of your child's in-toeing, because the treatment and prognosis may vary.



Contact your physician about any questions or concerns you may have.

What is internal tibial torsion?

Also called 'medial tibial torsion' or 'pigeon-toed', it just means that the main lower leg bone (the tibia) is turned inward compared to the thigh bone (femur).



Who gets it?

Both boys and girls can have it, and it is most common in the toddler years. This may run in your family or your child may be the first one with in-toeing.



Should my young child be treated?

The tibia rotates outward naturally as a child grows, so in-toeing usually goes away with age. Special shoes or braces are not effective treatment for in-toeing. Most children with this problem do not need treatment at all.

Keeping your child from sitting on her feet like the photo below or sleeping face-down with the feet turned in may help the tibia rotate properly.



What if it doesn't go away with time?

If your child reaches age 8 and the in-toeing is still...

- A) causing problems like trips and falls
 - or
 - B) at a very severe angle
- (your doctor can determine this) you can consider surgery to fix it.