

Common Childhood Foot Conditions

As early as birth, foot conditions can present themselves in children. Today's podiatrist can help ensure your child moves pain-free by offering expert medical diagnoses and treatment options for all complications associated with the feet. The chart below details common inherited and developmental foot conditions in children, possible signs, symptoms, and treatment options.

For more information, visit: www.apma.org/moving.

Condition	Signs & Symptoms	Today's Podiatrist Treatments
Achilles Tendonitis	<ul style="list-style-type: none"> • Pain with activity at the back of the leg and heel • Swelling 	<ul style="list-style-type: none"> • Rest • Icing • Physical therapy • Heel lifts • Custom foot orthotics • Soft casting
Ankle/Foot Fracture	<ul style="list-style-type: none"> • Pain in the area of fracture • Protruding bone 	<ul style="list-style-type: none"> • Casting • Rehabilitation
Ankle Sprain	<ul style="list-style-type: none"> • Pain • Swelling • Bruising 	<ul style="list-style-type: none"> • Immobilization • Casting • Bracing
Clubfoot	<ul style="list-style-type: none"> • Hooked foot that twists inward and downward 	<ul style="list-style-type: none"> • Casting • Surgery in more severe cases
Flatfoot	<ul style="list-style-type: none"> • Pain • Slow walking • Difficulty keeping up with other children 	<ul style="list-style-type: none"> • Custom foot orthotics • Change in the type of shoe worn • Surgery in some cases
Ingrown Toenails	<ul style="list-style-type: none"> • Pain • Inflammation where toenail meets skin 	<ul style="list-style-type: none"> • Professional trimming • Oral antibiotics • Surgery
In-toeing	<ul style="list-style-type: none"> • One or both feet point inward • Tripping • Sitting on knees in "W" position 	<ul style="list-style-type: none"> • Exercises (first position ballet, sitting cross-legged) • Casting • Bracing

Metatarsus Adductus (MTA)	<ul style="list-style-type: none"> • Front of foot bent inward at the instep resembling the letter “C” • Excessive tripping when walking 	<ul style="list-style-type: none"> • Stretching exercises • “Straight last” shoes • Serial casting • Surgery in more severe cases
Plantar Fasciitis	<ul style="list-style-type: none"> • Pain when standing or walking • Heel pain 	<ul style="list-style-type: none"> • Stretching • Arch supports • Custom foot orthotics • Anti-inflammatory medications
Plantar Warts	<ul style="list-style-type: none"> • Painful thickening of the skin • Hard and flat, elevated surface most often on the sole of the foot 	<ul style="list-style-type: none"> • Mild acids • Freezing temperature • Surgical removal • Medication
Sever’s Disease	<ul style="list-style-type: none"> • Pain with side-to-side pressure of the heel • Pain with activity • Pain with soccer or baseball cleats • Heel pain 	<ul style="list-style-type: none"> • Rest • Ice • Shoe change • Heel cushions or lifts • Anti-inflammatory medications
Stress Fracture	<ul style="list-style-type: none"> • Pain • Swelling 	<ul style="list-style-type: none"> • Immobilization • Surgery
Webbed Toes (Syndactyly)	<ul style="list-style-type: none"> • Skin fails to separate between the toes 	<ul style="list-style-type: none"> • Surgical separation of webbed toes