National University Hospital

Paediatric Foot Conditions

There are various foot conditions that affect children. They include the following:

- Paediatric flat foot, with or without any associated medical conditions

- Foot pain associated with juvenile arthritis

- Growing pains

- Toe walking, with or without medical causes

- Heel pain

- Excessive in-toe or out-toe walking

- Footwear and abnormal wear in shoes

- Osteochondrosis

- Juvenile bunions

- Hypermobility

- Tripping or tiredness

As children grow, some of these conditions can correct themselves without treatment. Others do not and may become more severe because of underlying medical causes.

With proper treatment, most children with foot conditions are able to continue their daily activities or adjust these activities accordingly to reach their full potential.

How are Paediatric foot conditions treated?

Helping children with foot problems begins with holistic clinical assessments and understanding the medical and developmental history of the condition. Podiatrists are one group of healthcare professionals that can help treat children's foot conditions. Sometimes, multiple medical and allied health professionals may be involved, including orthopaedic doctors, sports medicine doctors, rheumatologists, occupational therapists and physiotherapists.

What does Podiatry treatment involve?

Podiatry consultation would involve the diagnosis and treatment of the condition to reduce pain and, in some cases, prevent the condition from worsening such that the child is able to continue with their daily activities.

Medical and developmental history will be taken at the first clinic visit, followed by clinical evaluations of the foot function. Podiatrists aim to address the biomechanics of the foot and the underlying condition through the use of supportive footwear, insoles and stretching and strengthening exercises. Comprehensive treatment plans will be made after discussions with caregivers and patients, while taking into consideration their specific circumstances and preferences.