

Your Child's Foot Care: Every Step Counts Part II

Last week some points were made regarding your child's walking. I have three kids of my own and I remember the pure joy of seeing them take their first steps.

With so much you worry about with your kids it is easy to ignore you're children's foot care. Last week we mentioned a few things you should watch for including; in-toeing, flatfeet and high arches.

Here are few more points to consider as your child starts walking.

- Nighttime cramps. There are many causes of leg cramps. Overuse is a common cause. Simple things, like rubbing, massage and heat, usually help. If they occur frequently, an examination is in order.
- Deformities of the toes. These are never normal. Deviations and crossing over of toes are the beginning symptoms in ongoing problems that plague adults. Early evaluation and treatment may prevent years of discomfort.
- Pain and infection in the heels. These can become serious quickly, and they need prompt attention to get them resolved.
- Lumps and bumps that shouldn't be there. Causes can range from warts to bone growths. These are not normal and should be checked out.
- The child makes a thumping noise with his heels and wears out the inner edges of his sole. This could be a sign of a flat foot that once was a tight Achilles tendon. Raise his heels slightly with a supportive insert (approximately ½ inch) and make sure he gets regular stretching exercise.
- The child is bowlegged or has knock knees. Bowleggedness is normal for the first two years of life. If it persists, though, it could signal abnormal bone growth. Knock knees are normal for 3-7 year olds and usually correct by adulthood.
- Abnormal shoe wear. This usually signals a walking problem. In addition to being an expense, abnormal or excessive shoe wear may be the only clue to a child's foot problem.

We at Cumberland Foot and Ankle love to see kids in our office! Don't hesitate to call for an appointment if you have any questions.