

FOOT DEFORMITIES IN CHILDREN

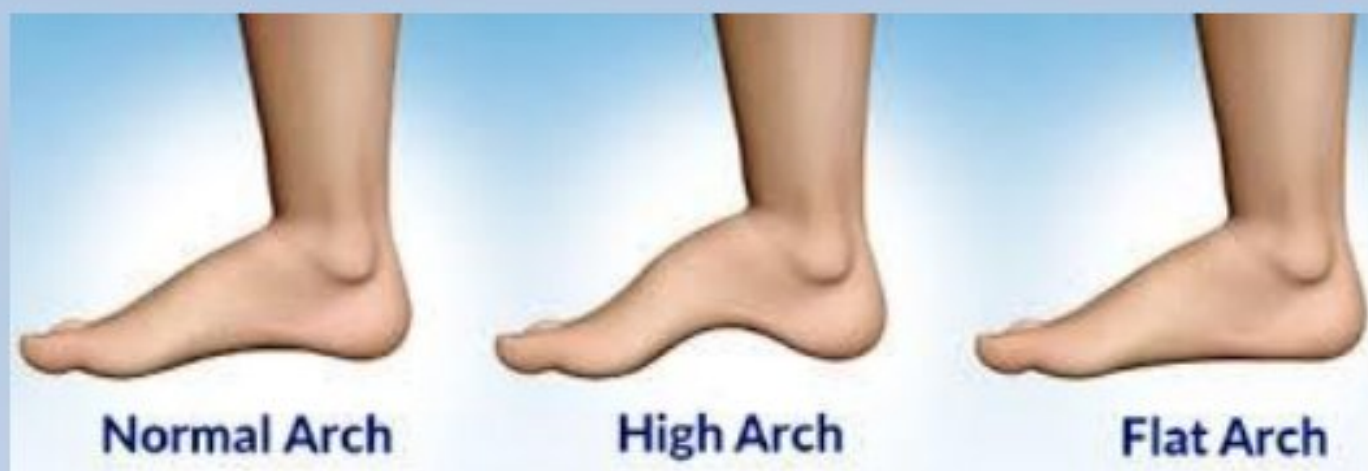
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FLAT FOOT (PES PLANUS)

- Flat foot is linked to genetic and environmental factors such as obesity, ligamentous laxity, and footwear habits. Children with a high BMI are more likely to develop flat foot.
- Untreated flat foot can lead to leg pain, an abnormal gait, osteoarthritis, and plantar fasciitis.
- Treatment approaches include custom-fit orthotics, physical therapy, and surgery.
- The prevalence affects around 10–30% of children and adolescents, with boys more prone than girls.

CLUB FOOT (CONGENITAL TALIPES)

- A congenital deformity in which the foot is twisted inward and downward.
- Treatment involves the Ponseti method (serial casting and bracing) or, in some cases, surgery.
- It is linked to genetic and environmental factors, including possible maternal smoking and other prenatal influences.
- Other methods, such as the French functional method and hybrid methods, are also explored.



TOE WALKING (IDIOPATHIC TOE WALKING)

- Toe walking is often idiopathic but can be associated with conditions such as cerebral palsy, muscular dystrophy, or autism spectrum disorder, involving underlying neurological and muscular issues.
- Treatment approaches include physical therapy, casting, bracing, and surgery; early intervention improves outcomes.
- Studies suggest a possible link between toe walking and gastroesophageal reflux disease (GERD).
- Untreated toe walking can lead to Achilles tendon shortening, ankle stiffness, and potentially long-term gait abnormalities.

Reference: *Journal of Pediatric Orthopaedics* (2018)
Authors: James J. McCarthy et al.

