

## IN - Toe Walking

Is commonly seen in children and some adults walking with toes pointed inward and sometimes knees collapsed inward, known as pigeon-toed

## Causes & Symptoms

structurally caused by three conditions: femoral anteversion, internal tibial torsion, and metatarsus adductus

- femoral anteversion, the internal twist at the femoral neck, typically diminishes by age 8
- internal tibial torsion, rotation at the lower leg bone, also tends to disappear during childhood
- metatarsus adductus, inward curvature of the foot at the tarsal-metatarsal joint, typically resolves by age 4

in some cases could be related to joint issues (ie: hip dysplasia), neurological or developmental delays

## Treatment

- discourage “W” sitting position while playing and watching television, encourage straight leg or cross-legged sitting
- utilize well-structured footwear with a strong heel counter and correct flex point

- gait plate orthotics to encourage out-toeing can be used in young



- children, this is a proprioceptive device, it will not change structural positioning but can help with soft tissue lengthening and strengthening in a more toe-forward position
- if any of the above mentioned causes persist into adulthood they are structural how the body will remain, unless corrected by surgery
- there is no limit to activities and generally clients do not experience long term problems



*Reference: Pedorthic Quarterly Fall 2014 pg 10-11*