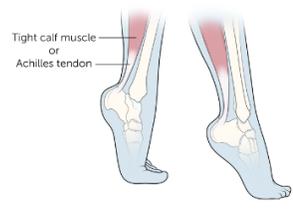
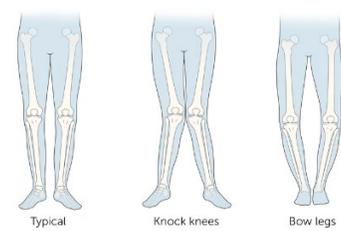
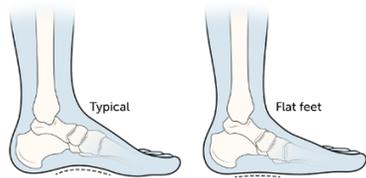


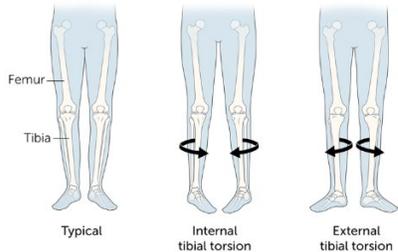
WHAT SERVICES DO WE OFFER?

- Assessment of lower extremity alignment and function.
- Construction of an orthotic, device or modification to footwear if needed
- Partnership with the Orthopaedic specialists (vendors, orthotists and physicians) in the Districts of Nipissing, Muskoka and Parry Sound
- A service that can assist you if you have concerns for your child in the area of orthopaedics

LOWER EXTREMITY CONCERNS

TOE WALKING (Walking on tip toes)	
<p>Facts:</p> <ul style="list-style-type: none"> - Toe walking is a common gait abnormality in young children who are just starting to walk. - Most cases will resolve on its own over time without intervention 	<p>Reasons to refer:</p> <ul style="list-style-type: none"> - Tightness of their Achilles - Walks on toes most of the day
<p>Tips:</p> <p>-Verbal reminders to walk in a heel- toe pattern (heels hitting the ground first). If able to self-correct on command, it may be a habit.</p>	 <p style="text-align: center; font-size: small;">© 2020 Boston Children's Hospital</p>
BOW LEGGED or KNOCK KNEED (Genu varum/ Genu valgum)	
<p>Facts:</p> <ul style="list-style-type: none"> - <u>Bowlegs</u> is an outward curve of the legs at the knees. <u>Knock knees</u> is an inward curve of the legs at the knees (Both normal from 0-24 months) -Between 24-36 months the legs usually become more aligned -Occasionally they become more knock kneed between 3-5 years, then usually straighten out between 7-8 years 	<p>Reasons to refer:</p> <ul style="list-style-type: none"> -Limping -Pain in hips, knees or ankles -Extremely short stature -Asymmetrical
<p>Tips:</p> <p>Continue encouraging regular physical activity with your child. Kids with knock-knees and bow legs can run, walk, and be as active as other kids the same age.</p>	 <p style="text-align: center; font-size: small;">© 2020 Boston Children's Hospital</p>

FLAT FEET	
<p>Facts:</p> <ul style="list-style-type: none"> - Normal in infants and young children under 2. - Children have flat feet when the arches in their feet have not yet developed -The arches develop throughout childhood until about age 10 	<p>Reasons to refer:</p> <ul style="list-style-type: none"> -Experiencing Pain -Having difficulty walking -Feet are curved inward or outward noticeably
<p>Tips:</p> <ul style="list-style-type: none"> -May want to consider orthotics and can access an orthotist directly without a PT referral/involvement. -Make sure your child has supportive shoes that have a solid heel cup and a built up arch. 	 <p style="text-align: right; font-size: small;">© 2020 Boston Children's Hospital</p>

INTOEING- OUTTOEING	
<p>Facts:</p> <ul style="list-style-type: none"> - <u>Intoeing</u> is walking with the feet turned inward - <u>Outtoeing</u> is walking with the feet turned outward. - Intoeing and outtoeing are usually not painful 	<p>Reasons to refer:</p> <ul style="list-style-type: none"> -Experiencing Pain - If child is delayed in walking - If the rotation is increasing overtime
<p>Tips:</p> <ul style="list-style-type: none"> -Encourage child to try and focus on stepping with toes facing forward when walking on flat ground, uneven ground and stairs. 	 <p style="text-align: right; font-size: small;">© 2020 Boston Children's Hospital</p>