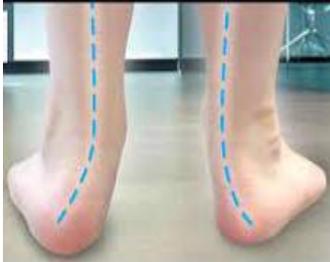


## Orthotics for children

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**Orthotics** for children under 4 years of age are typically prescribed in specific situations where there are identified foot or lower limb abnormalities or developmental issues. Here are some reasons why young children may need orthotics:

**Flat Feet or Pronation:** Some children may exhibit flat feet or excessive pronation (inward rolling of the feet) at an early age. This can lead to imbalances in foot mechanics and potentially cause pain, instability, or difficulty with walking. **Orthotics** can provide support and help correct these issues.

**Structural Abnormalities:** Children may be born with or develop structural abnormalities in their feet or lower limbs. Conditions such as clubfoot, metatarsus adductus (curved foot), or tarsal coalition (fusion of foot bones) can affect normal foot alignment and function. **Orthotics** may be used to support the foot and aid in proper development.



**Gait Abnormalities:** Some children may exhibit gait abnormalities or walking patterns that are concerning. For example, toe walking (walking on tiptoes) or intoeing (pigeon-toed) can impact normal foot development and may require **orthotic** intervention to improve gait mechanics via gait plates.

**Injury or Rehabilitation:** In certain cases, children may experience foot or lower limb injuries that require **orthotics** as part of the rehabilitation process. Orthotics can provide support, protection, and help promote healing and proper alignment during recovery.

It's crucial to note that the decision to prescribe orthotics for young children is made by healthcare professionals, such as pediatric orthopedic specialists or podiatrists, based on a comprehensive assessment of the child's specific condition, growth, and development. They will evaluate the child's foot structure,

gait mechanics, and any associated symptoms to determine if orthotics are necessary and appropriate.

Early intervention with orthotics in certain cases can help address biomechanical issues, promote normal development, and potentially prevent or minimize future problems. Parents or caregivers should seek professional advice and guidance to ensure proper evaluation and treatment for their child's specific needs.