



## *FOOT NOTES*

### **CHILDREN'S FEET**

The Human Foot is an amazing piece of engineering, comprised of 26 bones; approximately 19 muscles and 107 ligaments all working together to allow the foot to adapt to uneven surfaces while acting as a shock absorber.

Young Feet need time and a lot of protection to develop healthily. The infant foot has bones that are more like gristle and therefore easily deformed. Even tight socks/baby jumpers or footwear that is not fitted properly can restrict growth and force bones out of alignment. These bones usually take 16-18 years to fully solidify and develop into the adult foot.

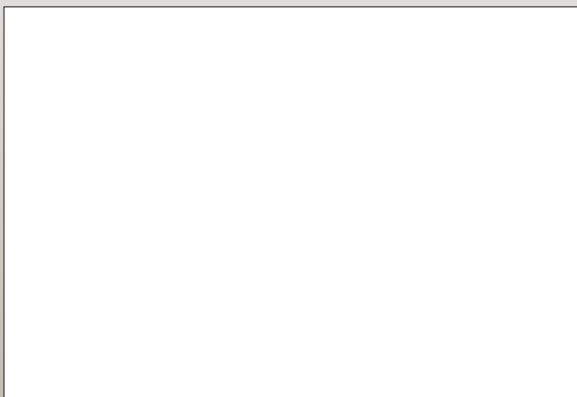
### **CHILD'S FOOT SCREENING AND TREATMENT**

Your Foot Specialist knows that a child's foot is not a small adult foot but is physically different and needs to be checked at an early age. Treatment of a child's foot condition may be as simple as advising parents on proper fitting footwear to treatment of nail and skin conditions. In more complex cases your Foot Specialist may prescribe a paediatric foot brace or custom orthotic.



Most paediatric foot problems are as a result of overuse; weight gain or congenital and developmental conditions. Proper Foot screening and diagnosis by your Foot Specialist is an important part of developing and maintaining a healthy and mobile life style. After all, your feet will take approximately 9000 steps a day while carrying you about four times around the earth in a normal life cycle.

Courtesy of



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