

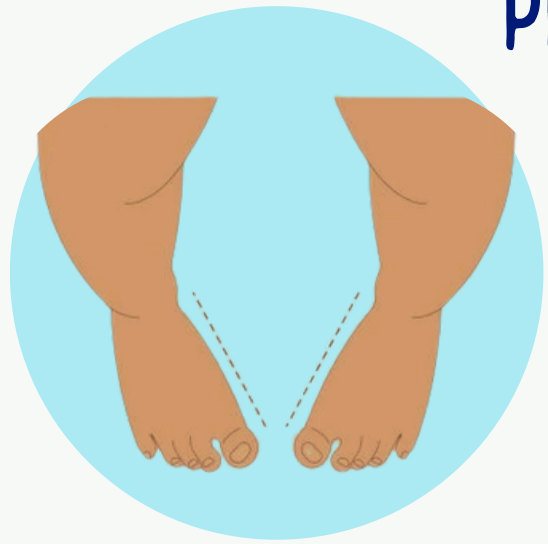
IN-TOEING

OR "PIDGEON-TOED"



PHYSIOTHERAPISTS OFTEN HEAR QUESTIONS ABOUT IN-TOEING.

HERE ARE THE THINGS WE WANT YOU TO KNOW:



WHAT IS IN-TOEING?

IN-TOEING IS WHEN A CHILD'S FEET TURN IN WHEN THEY WALK. IT IS VERY COMMON IN YOUNG CHILDREN. IT MAY BE MORE OBVIOUS WHEN A CHILD IS TIRED.



WHAT CAUSES IN-TOEING?

- THIGH BONE STRUCTURE (MOST COMMON CAUSE)
- TURNING IN OF SHIN BONES
- TURNING IN OF FOREFOOT BONES

DOES IT NEED TO BE FIXED?

- MOST OF THE TIME, IN-TOEING RESOLVES ON ITS OWN AS A CHILD GETS OLDER.
- TYPICALLY, IN-TOEING DOES NOT AFFECT A CHILD'S ABILITY TO WALK, RUN OR JUMP.
- SPECIAL SHOES AND BRACES HAVE NOT BEEN SHOWN TO CORRECT INTOEING.



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FEBRUARY 2025

IN-TOEING

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WHAT SHOULD WE DO?

CONTINUE TO ENCOURAGE YOUR CHILD TO BE ACTIVE.

ENCOURAGE ACTIVITIES THAT PROMOTE LEG STRENGTH AND BALANCE (RUNNING, JUMPING, SWIMMING, BIKE RIDING).

PROVIDE SUPPORTIVE FOOTWEAR TO WEAR DAILY.



WHEN TO SEE A PHYSIOTHERAPIST:



ASYMMETRY - IF THE CHILD CONSISTENTLY IN-TOES ON ONE SIDE ONLY.

BALANCE - FREQUENT TRIPPING AND FALLING OVER FEET.



FREQUENT PAIN OR SWELLING IN LEGS



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