

## Children's foot problems

Abnormal walking, excessive shoe wear and flat feet need to be checked at an early age. Don't dismiss your child's consistent complaints of aches as 'just growing pains'. The reason for persistent aches and cramps can sometimes be due to poor foot or leg posture.

Feet can be an issue for children at various stages of their growth. They may have some developmental issues or aches and pains from the sport they're playing.

If these conditions are treated early, there's a good chance that your child will successfully overcome their condition. Every parent wants their child to have the best start in life. We can help build your child's strength and mobility, and help them to achieve their potential.

All children have flat feet to start with, but this starts to disappear by the time they turn five or six.

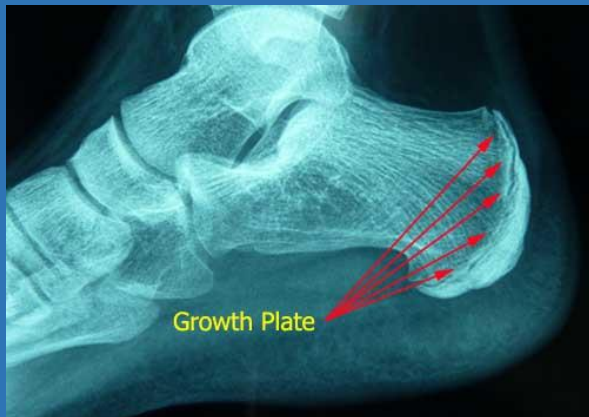
If you think your child has an arch that is flatter than normal, and their feet are causing them problems, give us a call.



## Heel Pain in Children

Sever's Disease is a very common heel condition that occurs in usually very active children from about 8 – 14 years of age.

It can be quite a painful bone disorder which comes about when the growth plate in your growing child's heel becomes stressed and inflamed.



Growth plates are the area at the end of bones which turn into new bone over time. It's how we grow taller and develop longer feet and limbs.

It's rare for older teenagers to suffer from Sever's Disease because the growth plate at the back of the heel usually finishes growing by the time they reach 15.



## Treatment

We pull out all the stops to ease your child's pain.

Our techniques include:

- Orthotics to control any abnormal alignment issues, which may also include heel pads.
- Assessing your child's gait to see if there are any underlying causes to their pain.
- Deep tissue massage to calves if abnormally tight sometimes combined with dry needling.
- Footwear advice and taping.
- Prescribing a series of stretching exercises which your child can do at home