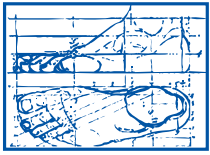


# foot facts



**ALEXANDRIA  
PODIATRY  
ASSOCIATES**

Dr. Jeffrey S. Coster  
Dr. Kenneth R. Wilhelm  
Dr. Jeffrey L. Graziano  
Dr. Joonhyun Yoon  
703-379-0700 (office)

## CHILDREN'S FEET

**Children ordinarily do not complain of foot discomforts.**

### **The Baby's Feet**

Practically all babies have healthy feet at birth. Until the infant begins to walk (average 9 to 16 months) the foot covering should only be protective. High top footwear is acceptable for toddlers but from then on low shoes are cooler, drier and offer all the support needed. Until three years of age some children may appear flat-footed due to the protective baby fat under the arch. The appearance of a double ankle from the foot rolling inward or a pigeon toe and knock-knee gait should have the benefits of a professional examination.

### **The Growing Child's Feet**

It is during this period that the foot grows rapidly. Bones develop and muscles strengthen in a pattern. During certain early years shoes will have to be changed in 4 to 6 weeks - during other periods, perhaps not for several months. Short socks and the "stretch" kind are a common cause of distorted toes and should be watched carefully.

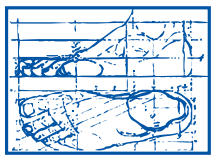
### **Youth Night Cramps**

There is no such thing as "growing pains." Human tissue develops in a slow, methodical manner and does not add a quarter inch one painful night. The leg cramps are usually caused by lack of oxygen in the muscles. This is very often due to foot strain and mechanical imbalance. These same causes (strain and imbalance) can and do lead to poor body posture. To insure a healthy adult foot these complaints should be checked by the family podiatrist during their early stages.

### **The Teenager's Feet**

This is the most difficult period to maintain good foot health. Boys are athletic and are subject to various foot injuries. Neglect of minor fall and twists too often result in major foot problems. Your podiatrist may need x-ray pictures to determine if the accident has caused a fracture. Sneakers should be used during play periods only not all through the day. Girls are at the style conscious stage. Proper shoes should be selected by an understanding but firm parent and not according to the fad of the day. Instructions should be given on the trimming of nails, instead of tearing, to eliminate needless infection. Plantar warts are common and should not be neglected nor treated with home corn cures. The advice of a foot doctor should be sought for treatment of these painful conditions.

# foot facts



**ALEXANDRIA  
PODIATRY  
ASSOCIATES**

Dr. Jeffrey S. Coster  
Dr. Kenneth R. Wilhelm  
Dr. Jeffrey L. Graziano  
Dr. Joonhyun Yoon  
703-379-0700 (office)

## CHILDREN'S FEET

### The Foot Problem

There is a medical law, which states simply, "As you use tissue, so it will form." From birth, the feet begin to function, grow and mature. They are one's only means of locomotion. These feet should be given every opportunity to develop normally. Some signs of possible future trouble may be bulging at the inner ankle, shoes that roll over on the outside, wear at the tips of soles, kicking off the shoes constantly, a peculiar gait, poor posture, night leg cramps, not playing with other children, etc. The correct answer will not be found in commercial advertising and the buying of special or orthopedic shoes, the placement of pads by inexperienced shoe salesmen, or the use of wedges by the shoemaker because a neighbor's child is using them. A complete foot examination by the podiatrist will determine the cause of the child's foot complaint, if any, and the proper advice given or treatment employed. By allowing the foot to form properly during childhood, our population need not have the staggering figure of 82% of its adults complaining of some type of foot disorder.