

Healthy Feet Podiatry

Flat Feet | Heel Pain in Children | Back to School Foot Tips



Help! My Child Has Flat Feet!

Being flat footed can be a problem but it can also be treated very easily.

Does your child leave foot prints in the sand with no arch? Flat feet in children is very common problem. Some children can develop severe pain and others have no symptoms at all. The important thing to realize is that having flat feet can cause problems in the future. The most frequent symptoms that a child with flat feet displays are pain, fatigue, and lack of interest in sports. Reestablishing the child's feet with custom orthotics will help to improve symptoms and prevent future problems. The visit to the podiatrist will consist of x-rays and a physical exam.

The podiatrist will determine what type of flat feet your child has and then will provide treatment options that would be most effective for your individual child. Orthotics are a simple and cost effective solution that will help to prevent future problems such as knee and back pain in their later years. Making sure they have a stable foot foundation will help the rest of



Removal of Cyst
Epidermoid cyst removal.



Cryotherapy
Neuroma treatment with cryotherapy.



Screw Removal
In office screw removal.

the body function properly.

My Child's Heels Hurt

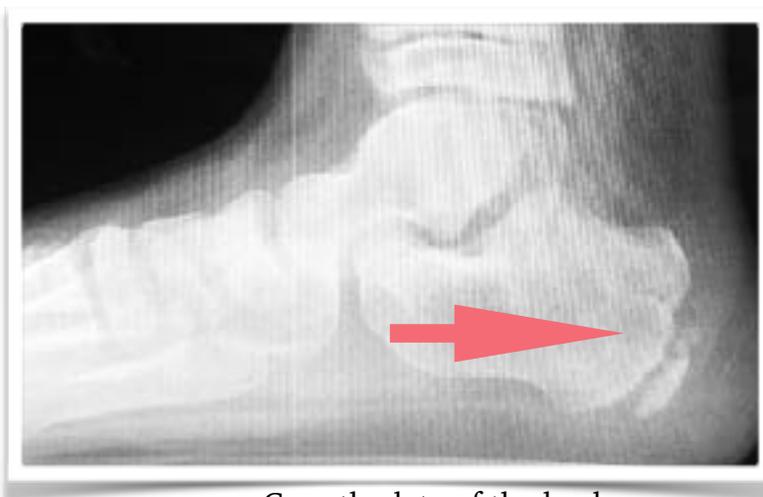
Growing up is not easy, especially on the heels.

Calcaneal apophysitis (Sever's Disease) is a foot problem that can affect children during their growing phase. It usually affects children between the ages of 8 and 14 years old, since the heel bone is not fully developed until age 14. Growth plate can be damaged from

repetitive or overuse injuries. The typical patient is a 9 year old

boy who is active in several sporting activities and complains of pain while performing activities. The symptoms include pain on the back and bottom of the heel, limping, pain when the heel is squeezed, and toe walking. Treatment includes, rest, icing, stretching, ibuprofen, and custom orthotics.

Custom orthotics help to stabilize the heel so that the growth plate does not become inflamed from abnormal motions of the foot. Please make an appointment today to alleviate your child's pain.



Growth plate of the heel

3 BACK TO SCHOOL FOOT TIPS

1. Please make sure that your child's shoes fit properly. A Brannock device can be used to measure your child's. Once you have a shoe picked, make sure there is about one finger breadth of space at the tip of the toes.
2. If your child is complaining of foot, ankle, or leg pain, please bring them to a podiatrist immediately. Waiting to treat lower extremity pain can lead to major problems.
3. Check their shoes for uneven wear. If you look at the back of the heel it may be slanted to one side. This can be because of the way your child is walking and placing their weight. If wear is seen it may be time to invest in a new pair. Shoes will typically last 3-6 months depending on the activity of your child.



Drs. Leo Krawetz, Todd Brennan, Bret Brennan, Jairo Cruz, and Binh Nguyen all have the same philosophy of treating their patients like their own family. We care about our patients and will continue to provide the highest quality of treatments for them. Please call today to make an appointment. Call 813-875-0555 today!