



518.273.0053



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Troy, NY 12180

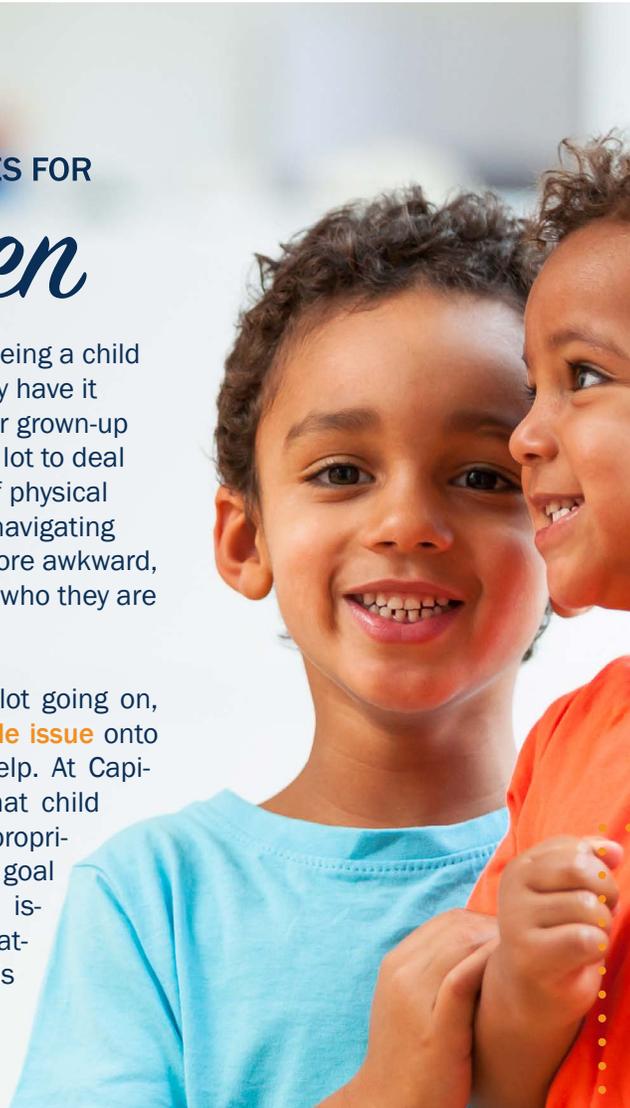


855 Rt. 146, Suite 150  
Clifton Park, NY 12065

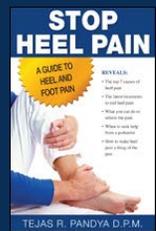
## COMMON FOOT ISSUES FOR *Children*

As adults, we often forget that being a child can be rough. We may think they have it easy, with no bills to pay or other grown-up responsibilities, but kids have a lot to deal with on several fronts. Stages of physical development can be awkward, navigating social situations can be even more awkward, and they are trying to figure out who they are and how they fit into this world.

We know they already have a lot going on, and that heaping a **foot or ankle issue** onto an already-full plate doesn't help. At Capital District Podiatry, we feel that child foot care performed in the appropriate manner can help. It is our goal to make sure that child foot issues are not only effectively treated, but also that treatment is administered gently.



FREE BOOKS



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ORDER

There are many different child foot issues, but some tend to be more common, including:



**1. Sever's disease** – in spite of the name, this condition is not actually a disease. Instead, it is a **situation that can lead to heel pain** in adolescent patients when the calcaneus (heel bone) physically matures before the Achilles tendon.



**2. Ingrown toenails** – Anyone with toenails can certainly develop this particular condition, but children are particularly at risk when they wear shoes that are too tight—often because their feet simply grow at a fast rate—or have their toenail clipped improperly.



**3. Pediatric flatfoot** – There are many cases where flexible flatfoot doesn't actually cause any issues for a young patient, but the condition **needs to be treated** when a child experiences pain or difficulty walking or running. One of the top treatment methods is the use of orthotic devices to provide arch support and restrict excessive pronation issues.

**4. Plantar warts** – These unsightly growths are caused by human papillomavirus (HPV), which is a common virus that is easily transferred. The virus enters tiny breaks or openings in the skin and then a wart may develop on the skin. A plantar wart will go away in time, but that might take a couple of years. We can provide professional treatment that doesn't take nearly so long!

If you live in the Greater Albany, NY community and have a son or daughter in need of effective child foot care services, Capital District Podiatry is here to help. **Schedule an appointment** online or by calling **(518) 273-0053**.

## Special THANKS

We'd like to take a moment to thank each of you, our wonderful patients, for referring your friends and family to our office. We couldn't do it without you!

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