



Capital District Podiatry, PLLC  
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CapitalDistrictPodiatry.com



It won't be long now until this summer's in the books...  
and kids are back to hitting the books!

Child foot care should be a consideration no matter the time of year—healthy feet provide so many options and opportunities for children—but this is especially true when you start to think about back-to-school shoes or signing a son or daughter up for extracurricular activities.

## Common Child Foot Problems

The best starting point for child foot health is being aware of potential problems. In this case, we are talking about common issues like:

**Pediatric Flatfoot.** In most cases, a flatfoot condition isn't actually the problem parents think it is. (Of course, any good parent is bound to be concerned when he or she notices something out of the ordinary!) There are a couple of possible reasons for fallen arches in children, but the important thing to keep in mind is that treatment usually isn't necessary if there isn't any pain. And if there is, we can help!

**Intoeing and Out-Toeing.** As with flat feet, it can be concerning to realize that a child's feet point inward or outward. Fortunately, a majority of these cases resolve on their own over time (especially intoeing). When professional care is needed, bring your son or daughter in to see us.

**Sever's Disease.** In spite of the name, this isn't a disease. Rather, Sever's—the most common source of child and adolescent heel pain—is a kind of growing pain. Accordingly, we provide treatment to address symptoms until physical maturity is reached.

**Ingrown Toenails and Plantar Warts.** These are conditions that can (and do!) technically affect people of all ages. That said, they are quite common amongst younger patients. We provide effective, yet gentle care to address these problems.

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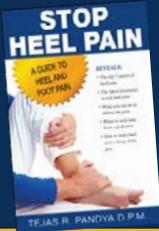
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# How to Buy Children's Shoes

In addition to other preventive measures—proper nail trimming and hygienic practices, providing nutritious meals, encouraging regular exercise and stretching, etc.—a key step in keeping children's feet safe and healthy is making sure they have proper footwear!

When buying shoes for your child, the first step is to make sure you bring your son or daughter with you to the store. It's important to keep that "to the store" part in mind. For related reasons, you shouldn't buy children's shoes online.

## Why? After all, you can buy virtually anything online nowadays!

Well, it comes down to this simple fact – children's shoes need to fit well. For that to happen, your son or daughter needs to try them on before you buy them.

You might think "but I could always send them back if I order online and they don't fit," but that takes too much effort and it's easy to shift into a "eh, the shoes will stretch out" or "he'll grow into them" mindset.

## So what constitutes proper fit?

Here are some general guidelines:

- 1 Toes should be able to wiggle freely.**
- 2 There should be roughly a thumb's width of space between the longest toe and front of the shoe.**
- 3 The heel should be firmly cradled when the shoe is laced.**
- 4 You should be able to slide your index finger down the back to roughly your second knuckle when the shoe is laced.**

## Two more considerations for children's footwear:

- 1 Feet aren't exactly the same size. One is going to be bigger, so have both measured.**
- 2 Children's feet grow rapidly. Your son or daughter may need a couple of different pairs of shoes throughout the year (depending on age).**

If you have any questions regarding child foot health, don't hesitate to contact our office. We will be happy to provide any information we can or assist you in scheduling an appointment for your son or daughter. Just contact us online or by calling **(518) 273-0053** to reach Capital District Podiatry.

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