

[Patient advice and liaison service \(PALS\)](#)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Intoing

A patient's guide

Whittington Health
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 17/10/2017
Review date: 17/10/2019
Ref: C&YP/Paed/Int/03

© Whittington Health
Please recycle



Is intoeing common?

Walking with the toes turned in is very common in infants and very rarely needs treatment.

Some children with intoeing fall over their own feet but this is not serious. There are two main causes for intoeing, which are detailed below.

Most commonly the whole leg turns in.

The knees tend to face each other and the feet are normal. These children almost always improve naturally.

Less commonly the feet turn in.

For the front of the feet turn inwards and the knees face forwards. Some children with this problem need to see a physiotherapist so that the parent can be taught stretching exercises.

What can I do to help my child?

Children with this problem should wear good quality shoes, boots or trainers, with ankle support.

If your child still has a problem after the age of three years old, please visit your GP so that he/she can be referred and assessed by a paediatric orthopaedic surgeon.

Any other questions?

Please call the paediatric outpatients department on 020 7288 5883.