Health Facts for You
Patient/Family Education

Intoeing and Outtoeing

Intoeing means that the feet turn inward instead of pointing straight ahead when walking or running. Most often, this is found in children. It almost always corrects without treatment as children grow older. The three most common types are metatarsus adductus (curved foot), tibial torsion (twisted shin-bone) and femoral torsion (twisted thigh bone).

Outtoeing means that the toes point outward when walking. This gets better the first year of life.

Causes and treatment of intoeing

- **Metatarsus Adductus (MTA)** – The front of the foot is turned in toward the center of the body. This may be from the position of the baby while still in the womb.

  This curvature of the foot usually gets better without treatment during baby’s first 3 months.

  If your child foot is stiff, casts may be used to help.

- **Tibial torsion** - The bone between the knee and ankle turns inward. This is also from the position of the baby while still in the womb.

  Tibial torsion is seen during the first two years of life. As the tibia grows, most of the time it untwists by age 10 without treatment.
• **Femoral Torsion** - The bone between the hip and knee turns inward. Most children outgrow this condition. It is usually most severe when the child is about 3-7 years old.

This often improves by age 10 without treatment.

**Effects & Treatment**

- Intoeing usually corrects by age 10
- Tripping and falling is not always from intoeing. Tripping and falling is a normal part of learning to walk in all children
- Intoeing should not cause pain or arthritis as an adult.
- A child with intoeing and pain, swelling, or a limp should be evaluated by an orthopedic provider.

**ALERT:** Call your child’s doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

*This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.*