

# Sydney Sports Podiatrist Intoeing Pigeon Toe Metatarsus Adductus Tibial Torsion Femoral Anteversion

[Intoeing worsened by the 'W' sitting position](#)

Intoeing worsened by the 'W' sitting position

Intoeing, or having a pigeon-toed gait is a phenomenon often seen in young children and is sometimes a cause for concern for parents. An intoed gait is when the feet are turned inwards instead of outwards. Infants are sometimes born with the condition but it usually corrects itself without treatment as they get older.

There are three common structural problems of the leg and foot that cause intoeing: Metatarsus adductus - the most common cause, this is where the foot itself is curved; Tibial torsion - in this instance the shin bone is twisted inward, causing the feet to turn inward; and Femoral anteversion - the femur or thigh bone is twisted such that the entire leg is tilted inward, while the foot itself is straight. This can affect one or both legs.

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A common contributing factor to the pigeon-toed gait in young children is 'w sitting', a position where the knees are bent, the feet tucked under and the legs are out to either side. The posture has been seen to be a common stance when kids are watching TV, but parents are now being urged to stop them from doing so. The Paediatric Therapy Centre warns that unless addressed by the age of two, the posture could affect the development of the legs and have a negative impact on children's core strength and motor skills.

Mark Lin, Australia's leading Sports Podiatrist and Director for Footwork Podiatry, says, "Intoeing is something we see often in young children but it's not usually a cause for concern, as the condition often corrects itself. We discourage allowing children to sit in the 'W' sitting position though as this can exacerbate the condition.

Should intoeing persist we would assess the range of movement of the hips and feet, as well the alignment of the leg and ankle and treat them with Trigenics techniques and foot mobilisation, complemented with some exercises and stretches. In some cases, we would prescribe orthotics to improve the alignment of the foot."

Foot Mobilisation Techniques (FMT) is a manual therapeutic method that aims to naturally improve the position of the joints. The joints are taken through their natural motions to break up adhesions and restrictions, thereby allowing the body to naturally restore optimal biomechanics.

TRIGENICS® is a neurological muscle assessment, treatment and training system which reprograms the way the brain communicates with the body. Principal Sports Podiatrist and Director for Footwork Podiatry, Mark Lin is the first Podiatrist in Australia to be trained and specialised in this unique neuro-muscular treatment system.

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Footwork Podiatry offers advanced manual therapies and alternative solutions to common problems of the foot and lower limb, employing a range of unique hands-on treatment techniques that are non-invasive, gentle and safe for young children.

Footwork Podiatry takes top-quality care seriously and is your go-to source for any running related injuries. Find them in two convenient locations, in Roseville on Sydney's North Shore and Sydney CBD. For further information, visit the Sports and Podiatrist Clinic to book online, or call Mark Lin or Wei Lee and their friendly team on +61 2 9416 7889.

The information contained in this guide is provided in good faith and is not intended to be nor is it to be used as a substitute for any sort of professional, medical or podiatric advice. An accurate diagnosis can only be made following personal consultation with a podiatrist. Any users should always seek the advice of their podiatrist, or other qualified healthcare providers before commencing any treatment.

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