

I'm not a bot

































1. If your child walks with their feet turned inward, and most often they may be described as being pigeon-toed. This "toeing in" of the feet occasionally occurs in your child is starting to learn to walk, and it may continue through toddlerhood. It is noticed more often in children than adults, but occasionally older people may experience it. Pigeon-toed feet are rarely a major orthopedic problem, and most often it goes away without treatment. But there are cases, braces, or surgery may be necessary to correct this problem. This article explains pigeon-toed walking, the causes and conditions associated with it, and common treatments. If you notice your child's toes turn inward when they walk or run, then they may be pigeon-toed. There usually is no need to worry, as this condition likely is not permanent and will go away in a few years. Still, it is a good idea to check in with your healthcare provider to ensure your child is developing normally. Occasionally, you may see an adult who walks with their toes turned in. This may be due to a birth defect, a weakness, or it may be a rare case of pigeon-toed walking as a youth that never went away. There are several possible reasons for pigeon-toed walking. To be certain of the cause of your child's walking condition, visit your healthcare provider. A provider can assess your child's condition, make a diagnosis of pigeon-toed walking, and, if necessary, provide options for treatment, including: Metatarsus adductus: The metatarsals are the long bones of the forefoot. One common birth defect is a condition called metatarsus adductus. This is when the bones of the foot point inward, leading to pigeon-toed walking. A simple clinical examination and X-ray can confirm metatarsus adductus as a cause of pigeon-toed walking. Tibial torsion: Your shinbone is called the tibia, and in some children, the tibia is slightly twisted. The tibia can either turn outward or inward. When it twists inward, it may manifest as a pigeon-toed gait (how a person walks). Tibial torsion may accompany femoral anteversion, and it is diagnosed with an X-ray. Children with tibial torsion typically grow out of the problem and the pigeon-toed gait pattern goes away by age 4. Femoral anteversion: A large gap between the feet when standing with knees together, and when they walk appear pigeon-toed. Femoral anteversion is diagnosed by a clinical examination and X-ray. In most cases of pigeon-toe, the child does not complain of any pain. If pain is felt, it can include: Usually, you will notice pigeon-toe when your child is first learning to walk. Rest assured, your child most likely is not experiencing pain. They simply have feet and knees that turn inward when they walk and run. Visit your healthcare provider if you notice your child is walking pigeon-toed. A pediatrician or primary care provider can assess the situation and make recommendations to correct the child's gait. Most children who are pigeon-toed begin walking and running normally after the age of 3 or 4, so a watch-and-wait approach to care is typically recommended. You may have to take your child to a specialist, like an orthopedic surgeon, if they are complaining of pain while walking. If your child is not able to walk due to the inward turn of their feet, then you should visit a specialist. Pigeon-toed walking is not a preventable condition but rather one that develops during pregnancy. Causes may include: None of these risk factors is readily modifiable, so there is no way to correct for pigeon-toeing as it develops. And in most cases, children who walk pigeon-toed simply grow out of the condition in time. If you are an adolescent or adult and notice your knees turn in and you are walking pigeon-toed, you may have weakness in your hip and leg muscles that control the position of your legs when you walk. Strengthening those muscles should be helpful. If you and your healthcare provider suspect that your child is walking pigeon-toed, simple things can be done to diagnose the condition. Most cases are diagnosed by clinical examination. Your healthcare provider may palpate (examine by touch) your child's lower extremities, looking for signs of metatarsus adductus, tibial torsion, or femoral anteversion. A gait analysis may be done as well. In this, your child's healthcare provider may watch how the child walks and look for signs of inward-pointing toes and knees when walking. An X-ray may be taken to assess the degree of tibial torsion or femoral anteversion present. As stated previously, most cases of pigeon-toed walking simply go away in time. Typically by the age of 3 or 4, a normal gait will appear. Other treatments for pigeon-toed gait may include: Physical therapy exercises and gait training: Exercises to stretch tight lower extremity muscles and strengthen hip and leg muscles may help improve pigeon-toed walking. (See a pediatric specialist before starting, as research shows that parental stretching of a newborn's metatarsus adductus offers very little if any benefit.) Casting or bracing: Braces or serial casting (a procedure that helps children improve their range of movement) may be done to place your child's lower extremities in an optimum position as they are developing. Surgery: For cases in which tibial torsion is causing pigeon-toed walking, osteotomy surgery (cutting and/or removing bone) may be recommended to correct the structural deformity of the shin bone. Surgery should only be done as a last resort and for the most serious and unremitting cases of pigeon-toed walking. Most often, surgery is done to correct the position of the tibia if it is twisted, and it is performed once the child is over the age of 10 or 11 and continues to walk pigeon-toed despite conservative measures. If your child is walking with their toes pointed in, they may be pigeon-toed. This condition is common, affecting about 1 in 5,000 children, and it typically is caused by abnormal birth positions in utero. Most of the time, pigeon-toes go away on their own with no treatment necessary. We all want our children to grow and develop normally, but sometimes slight problems may lead to noticeable functional characteristics. Pigeon-toed walking is one of those problems. Mild changes in bone shape and positioning usually cause pigeon-toes. Often, it subsides in a few years as your child continues to develop. A watch-and-wait approach to care is typically all that is needed in cases of pigeon-toed walking. Frequently Asked Questions Yes. A physical therapist is a movement expert who can assess you for tight or weak muscles that may be leading to pigeon-toed walking. They can then find the right exercises and strategies to help correct pigeon-toed walking. If you have tight or weak hip and lower extremity muscles, you may be able to stretch and strengthen those muscles to correct pigeon-toed gait deformity. Wearing shoe orthotics may also correct your foot position. In severe cases, surgery may be needed for pigeon-toed walking. Pigeon Toe is a postural issue where the feet point inwards in the standing position. Ideally – the feet should be pointing forwards/slightly outwards – it is also referred to as In-Toeing.) Table Of Contents Not sure if you have Pigeon Toe? Try out this quick test! The In-Toeing Test: Stand up on your feet. Which direction are your feet pointing towards? Results: If your feet are pointing inwards, then you have Pigeon Toe. If your feet are pointing outwards, then you do not. As a result – the joints and muscles in the leg may not function optimally. (especially during gait/walking!) Note: The presence of Pigeon Toe does not necessarily mean that there will be direct issues associated with it. The body can adapt! (Note 2: Those of you who are concerned with Pigeon Toe fed in children/toddlers, this tends to generally improve with time without surgery.) It is important to know which exact area of the body is causing the in-toeing presentation of your feet. (This will determine the specific exercises that you will need to focus on in the exercise section down below.) Here are the 4 main causes: This refers to the inward twisting of the thigh bone (Femur) within the hip socket. This movement may occur as a compensation for general weakness in the lower limb. If your hips are internally rotated: You will need to perform the specific exercises as mentioned in the Exercise Section of this blog post. a) How to tell if you have this issue: Instructions: Stand up. March on the spot for 5 seconds. Stop marching. Look down at your knee. Results: If your knee is facing inwards, then your hip is internally rotated. b) Muscles that need to be addressed Tight Muscles: (The following muscles INTERNALLY ROTATE the hip.) Adductors Anterior Gluteus Medius Anterior Gluteus Minimus Tensor Fasciae Latiae Weak Muscles: (The following muscles EXTERNALLY ROTATE the hip.) Gluteus Maximus Posterior Gluteus Medius Piriformis Deep posterior hip muscles (Note: Internal Rotation of the Hip can also lead to another postural issue called Knock Knee. This is where the knees are pointing inwards.) This refers to the inward rotation of the shin bone (Tibia) relative to the upper leg bone (Femur). If your Tibia is internally rotated: You will need to perform the specific exercises as mentioned in the Exercise Section of this blog post. a) How to tell if you have this issue: Instructions: Stand up right. Identify the middle of your knee. Identifying the middle of the Tibia. Are they aligned? Results: If the line of the tibia is positioned towards the inside of the knee, then your Tibia is internally rotated. b) Muscles that need to be addressed Tight Muscles: (The following muscles INTERNALLY rotate the Tibia.) Popliteus Medial Hamstring Weak Muscles: (The following muscles EXTERNALLY rotate the Tibia.) Anterior Hamstring Vastus Lateralis Lateral Gastrocnemius A high arch in the foot is characterized by having a more pronounced curve in the medial arch of the foot. In some people – a significant high arch can lead to the middle of the foot curving inwards. This can give the appearance of the in-toed foot position. If you have High Arches: You will need to perform the specific exercises as mentioned in the Exercise Section of this blog post. a) How to tell if you have this issue: Instructions: Stand up. Take a photo of the medial (inner) side of your foot. Observe the shape of the arch. Results: If you can observe a prominent arch in your foot, then you have High Arches. b) Muscles that need to be addressed Tight Muscles: (The following muscles lift the arch in the foot.) Tibialis Posterior Flexor Hallucis Longus Flexor Digitorum Longus Plantar muscles Tibialis Anterior (The following structural causes of Pigeon Toe will NOT be addressed in this blog post.) a) Metatarsus Adductus This abnormal position of the feet in babies is due to the feet being squashed in the womb. It will usually self resolve within 4-6 months. In severe cases – it can be treated with casting or special shoes. b) Femoral Anteversion This involves the angle between the femoral head and femur body being more narrow than normal. As a result – the leg (including the feet!) turns inwards to better position the femoral head to the hip socket. As this is a structural issue, there will be a limit as to how much the position of the foot can be changed without negatively impacting the hip joint. (To determine this – read the CAUSES OF PIGEON TOE in the section above.) Once you know where and what you need to address, click the appropriate cause down below to take you to the specific exercises: Hip Internal Rotation Tibial Internal Rotation High Arches After you have addressed the specific area, challenge yourself by attempting the exercises mentioned in this section. Follow these 5 steps to address Pigeon Toe that is caused by hip internal rotation: STEP 1: ReleasesSTEP 2: StretchesSTEP 3: Strengthening ExercisesSTEP 4: Avoid These Positions 1. Release Internal Rotators a) Release The Groin (Note: When applying the following releases to the groin region, do not apply too much pressure as there are sensitive structures (such as nerves and arteries) that run through this area.) Instructions: Lie down on the stomach. Place a foam roller underneath the groin region. Completely relax this leg. Apply an appropriate amount of your body weight on top of the foam roller. Roll up/down. Make sure to cover the entire muscle that is being targeted. Continue for 1 minute. b) Self Release To Groin Instructions: Sit on the edge of a chair. Drop your knee towards the side. Use your finger tips, knuckles or elbow to apply pressure to the groin. Continue for 1 minute. c) Release To Anterior Gluteus Medius Instructions: Lie facing downwards on the floor. Place a foam roller or massage ball directly underneath the front of the side hip region. Apply an appropriate amount of your body weight on top of the massage ball. Keep your leg completely relaxed. Roll your body forwards and backwards over the foam roller. Make sure to cover the entire area of muscle. Continue for 1 minute. 2. Joint Mobilization A stiff hip joint that is locked into the internally rotated position will need be loosened up via the following Hip Trac tion techniques. a) Traction in Neutral Instructions: Anchor a thick resistance band to a stationary object at ground height. Wrap the other end of the band around the ankle. (See above) Move your body away from the anchor point until there is a firm amount of tension on the band. Lie down. Relax your entire body. Allow the resistance band to pull on your hip joint. Aim to feel a pulling sensation around your hip. Hold this position for 1-2 minutes. Progression: Move further away from the anchor point. b) Traction in Hip 90 Degrees flexion Instructions: Anchor a thick resistance band to a stationary object. Loop the other end of the resistance band as close to the hip crease as possible. Flex and hold your hip to ~90 degrees. Hold onto the back of your knee with your hands. Move your body further away from the anchor point to create a firm amount of tension on the band. Keep the hip completely relaxed. Hold this position for 1-2 minutes. Progression: If able – start to pull your hip into more flexion. 3. Stretch Internal Rotators Here are some effective ways to stretch the tight internal rotators of the hip. a) Lunge Instructions: Assume the lunge position. Point the foot at the back towards the outside. Lunge forwards as far as you can. Do not rotate your pelvis. Keep your pelvis facing forward. Aim to feel a stretch in the groin region. Push your hips forwards to increase the stretch. Hold for 30 seconds. b) Butterfly Stretch Instructions: Sit on the floor with your back against the wall. Bring your feet closer towards you. Place the bottom of your feet together. Sit as straight as possible. Push your knees down. Aim to feel a stretch in the groin region. Hold for 30 seconds. c) Frog Stretch Instructions: Lie down on your stomach. Spread your knee to the rest of your body. Keep your hips and legs completely relaxed. Sink into this position. Aim to feel a stretch in the groin region. Hold for 30 seconds. d) Cossack Squat Instructions: Start in a standing position. Have your feet wide apart. Drop down to one side. (See above) Keep your foot pointing upwards. Push your hips forwards. Aim to feel a stretch in the groin. Hold for 30 seconds. e) Anterior Gluteus Medius Stretch Instructions: Assume a lunge position with your hands on your hips. (The leg at the back will be the side that is stretched.) Have the foot at the back pointing slightly outwards. Keep your pelvis facing forwards at all times. Tilt your pelvis backwards and push your hips forwards. Lunge forwards. Push your hips out towards the side of the back leg. Aim to feel a stretch in the front of the side hip region. Hold for 30 seconds. 4. Strengthen External Rotators of Hip The goal with these exercises is to focus on the most challenging exercise that you can perform with good control and technique. (You DO NOT need to perform all of them.) a) Hip Rotation (Lying Down) Instructions: Lie down on your back. Keep your leg straight throughout this exercise. Pivot the leg outwards. (External Rotation) Aim to feel a contraction in the muscles of the outer hip. Hold for 5 seconds at the end range. Repeat 20 times. Repeat on the other side. b) Clam Shell Instructions: Lie on your side with your hip and knees slightly bent. Whilst keeping your ankles together, lift up your knee (on the upper side) as high as possible. Make sure that you do not move your pelvis as you are lifting your knee. Aim to feel the muscles on the side of your hip engage. Hold for 3-5 seconds at end range. Repeat 20 times. Repeat on the other side. c) Sitting with Resistance Band Instructions: Sit upright on a chair with your knees bent to 90 degrees. Loop a resistance band around both of your knees. (see above) Keep your feet shoulder-width apart. Push your knees outwards. Aim to feel a muscular contraction on the side of your hip. Push your hips outwards. Aim to feel a stretch in the groin region. Hold for 30 seconds. d) Frog Stretch Instructions: Stand on one leg. Keep your pelvis leveled throughout this exercise. Make sure to keep your foot and knees facing forwards throughout this exercise. Hinge forwards. Aim to feel a muscular contraction on the side of the hip of the stance leg. Repeat 10 times. e) Step Down Instructions: Place your foot onto a step. Make sure that the foot and knee are pointing forwards. Step up. Repeat 10 times. f) Step Down Instructions: Stand on top of a step. You can hold onto something for balance. (If Required) Slowly step down with one leg as you maintaining the alignment of the knee and foot. Keep the foot and knee pointing forwards. Repeat 10 times. Pigeon Toe is a postural issue where the feet point inwards. The presence of Pigeon Toe does not automatically mean that there will be issues directly associated with it. However – the in-toed position of the feet alters the ideal alignment of the lower limb which may place more stress on certain structures of the leg. There are multiple areas of the body (such as the Hip, Knee and Foot) which can potentially lead to this postural issue. The exact area that is leading to the Pigeon-Toed presentation will need to be addressed with the specific exercises as suggested on this blog post. 1. Any questions?... (Leave me a comment down below.) 2. Come join me: Facebook | Instagram 3. Start doing the exercises! Disclaimer: The content presented on this blog post is not medical advice and should not be treated as such. It is not intended to be used as a substitute for professional advice, diagnosis or treatment. Use of the content provided on this blog post is at your sole risk. Seek guidance from a healthcare professional before starting any exercise. For more information: Medical Disclaimer. Many of you may notice pigeon toes, or intoeing. It often becomes noticeable in childhood, but some adults experience it as well. In some cases, pigeon toes can be a sign of a bone growth problem, but some are naturally and do not cause any pain. But if it doesn't improve over time, you need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. The good news is that in most cases, pigeon toes naturally and do not cause any pain. But if it doesn't improve over time, you need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes, you may need to go to a pediatric podiatrist. The most common symptoms of Pigeon Toes/The pediatric podiatrist Gilbert will recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk properly. Frequent tripping, stumbling, or clumsiness.Difficulty running, jumping, or balancing.Uneven wear on the soles of shoes.Awkward or unusual walking pattern.Pain in the feet, ankles, or legs.Stiffness or difficulty straightening the feet.Toe-walking.Hip or knee discomfort due to misalignment.Lower back strain from improper posture.Fatigue in the legs or feet after walking or standing.How to Fix Pigeon Toes?In many cases, pigeon toes improve over time. But if it lingers or causes problems, there are plenty of treatment options. Here, we tell you the most effective ones.SurgeryMost kids don't need surgery for this disorder. But in rare cases, a pediatric podiatrist Mesa recommend surgery when pigeon toes causes pain, walking becomes difficult, and the child has severe bone rotation. Let's see the surgical procedures:Tibial OsteotomyThe surgeon cuts and realigns the shinbone (tibia) to correct inward twisting. They may use plates, screws, or a cast may to hold the bone in place during healing.Femoral Derotation OsteotomyThis procedure adjusts the thigh bone (femur) to improve leg positioning. The bone is rotated into proper alignment and secured with surgical hardware.Braces for Pigeon ToesThe pediatric podiatrist Gilbert may recommend using braces as they reposition the feet to improve alignment. They apply controlled pressure to help train the muscles and bones to walk correctly over time. If you want to improve balance and prevent long-term posture issues, braces can be a good choice for Pigeon Toe CorrectionWearing proper shoes is a good way to improve foot alignment. Your shoes support better walking patterns by reducing discomfort, improving stability, and encouraging proper posture. When buying shoes, opt for shoes with a wide toe box, good arch support, and a firm sole. Avoid shoes with a narrow toe box, high heels, or soft soles. Proper shoes can help prevent foot problems and improve your overall health. If you have Pigeon Toes,

The presence of pigeon toe is a postural issue where the feet point inward. The presence of Pigeon Toe does not automatically mean that there will be issues directly associated with it. However - the in-toed position of the feet alters the ideal alignment of the lower limb which may place more stress on certain structures of the leg. There are multiple areas of the leg that are affected by the Hip, Knee and Foot which are discussed below. Disclaimer: The content presented on the blog post is not medical advice and should not be treated as such. It is not intended to be used as a substitute for professional advice, diagnosis or treatment. Use of the content provided on this blog post is at your sole risk. Seek guidance from a healthcare professional before starting any exercise. For more information: Medical Disclaimer. With pigeon toes, your child's toes point toward each other instead of forward. Pigeon toes are commonly caused by bones or joints that don't point the right way. After called into pigeon toe, you may notice as your child begins walking, it's normal for parents to worry about their children, especially when they are babies and can't tell you if something hurts. But pigeon toes don't cause pain. In most cases, pigeon toes resolve on their own without causing long-term issues. How common are pigeon toes?Pigeon toes are common in the first few years of life. As the condition usually gets better as children learn to walk, pigeon toes are less common as children reach adolescence. Infrequently, pigeon toes may last into adulthood.How do pigeon toes affect my child's body?Your child's feet may turn in at rest and/or when walking. Although this might look different to you, pigeon toes are quite common. Pigeon toes generally do not cause pain, and the condition should go away on its own as your child grows. Reading Time: 5 minutes The next Whole Life Challenge starts in: As a follow-up to my article on how to correct a duck footed stance (one where your feet turn outward while walking or standing), I was asked to address the issue of being pigeon toed. Pigeon toeing is the exact opposite of duck feet. Instead of your feet being turned outward, they are turned inward. In this piece I'm going to lay out what pigeon toeing is and how it happens. We'll also talk about its prevalence in children and how adults who have it can address it to varying degrees. The Options to Treat Pigeon Toeing in Children Pigeon toeing is often caused by the bones of the feet being rotated inward. This is a result of something that was born with, the tissues of the feet can be worked to loosen them. This video for how to work on improving plantar fascias applies because pigeon toeing originating with the feet can lead to similar restriction of the foot muscles. I also highly recommend stretching the muscles with foam rolling. I've covered this in detail though, and you can find the video here. If you have a child with pigeon toes, you should take as much attention and care as you can to correct their foot position. See What You Can Do with Consistent Effort Taken individually or all together, these exercises are a great place to start improving a lack of external rotation in your legs. If after a significant period of consistent effort, you find there doesn't seem to be improvement, then the next step should be to seek the counsel of a doctor or physical therapist who can give you advice as to your next course of action. Anatomy graphic by Pearson Scott Foresman [Public domain], via Wikimedia Commons. Written by Jenna Fletcher on September 26, 2018TreatmentCausesDifferent age groupsDiagnosisTakeawayPigeon toe, or pediatric intoeing, is when a child's toes point inward. It is a painless condition that is common in children up to the age of 8 years. Pigeon toe can happen in one or both feet. The condition usually corrects itself without treatment.Pigeon toe often develops in the womb or due to genetic anomalies, so a person can do very little to prevent it.No evidence exists to support any type of shoe that claims to help prevent or, in most cases, treat pigeon toe or that learning to walk in bare feet can help redirect pigeon toes.Share on PinterestPigeon toe is common and easy to treat.It is easy to treat most cases of pigeon toe.The most common treatments are to, allowing a child to grow normally, and reassurance. Normally, little or no further intervention is necessary. In the rare case that the feet require further medical intervention, practitioners will often suggest one of the following:molds or casts that correct the foot shapessurgery to correct the positioning of the bones that cause pigeon toeA doctor or therapist may recommend any of these treatments if your child's pigeon toe is severe and doesn't improve on its own. Pigeon toes are usually not a concern for children, but they can affect a child's self-esteem. Pigeon toes are most commonly caused by the bones of the feet being rotated inward. This is a result of something that was born with, the tissues of the feet can be worked to loosen them. This video for how to work on improving plantar fascias applies because pigeon toeing originating with the feet can lead to similar restriction of the foot muscles. I also highly recommend stretching the muscles with foam rolling. I've covered this in detail though, and you can find the video here. If you have a child with pigeon toes, you should take as much attention and care as you can to correct their foot position. See What You Can Do with Consistent Effort Taken individually or all together, these exercises are a great place to start improving a lack of external rotation in your legs. If after a significant period of consistent effort, you find there doesn't seem to be improvement, then the next step should be to seek the counsel of a doctor or physical therapist who can give you advice as to your next course of action. Anatomy graphic by Pearson Scott Foresman [Public domain], via Wikimedia Commons. Written by Jenna Fletcher on September 26, 2018TreatmentCausesDifferent age groupsDiagnosisTakeawayPigeon toe, or pediatric intoeing, is when a child's toes point inward. It is a painless condition that is common in children up to the age of 8 years. Pigeon toe can happen in one or both feet. The condition usually corrects itself without treatment.Pigeon toe often develops in the womb or due to genetic anomalies, so a person can do very little to prevent it.No evidence exists to support any type of shoe that claims to help prevent or, in most cases, treat pigeon toe or that learning to walk in bare feet can help redirect pigeon toes.Share on PinterestPigeon toe is common and easy to treat.It is easy to treat most cases of pigeon toe.The most common treatments are to, allowing a child to grow normally, and reassurance. Normally, little or no further intervention is necessary. In the rare case that the feet require further medical intervention, practitioners will often suggest one of the following:molds or casts that correct the foot shapessurgery to correct the positioning of the bones that cause pigeon toeA doctor or therapist may recommend any of these treatments if your child's pigeon toe is severe and doesn't improve on its own. Pigeon toes are usually not a concern for children, but they can affect a child's self-esteem. Pigeon toes are most commonly caused by the bones of the feet being rotated inward. This is a result of something that was born with, the tissues of the feet can be worked to loosen them. This video for how to work on improving plantar fascias applies because pigeon toeing originating with the feet can lead to similar restriction of the foot muscles. I also highly recommend stretching the muscles with foam rolling. I've covered this in detail though, and you can find the video here. If you have a child with pigeon toes, you should take as much attention and care as you can to correct their foot position. See What You Can Do with Consistent Effort Taken individually or all together, these exercises are a great place to start improving a lack of external rotation in your legs. If after a significant period of consistent effort, you find there doesn't seem to be improvement, then the next step should be to seek the counsel of a doctor or physical therapist who can give you advice as to your next course of action. Anatomy graphic by Pearson Scott Foresman [Public domain], via Wikimedia Commons. Written by Jenna Fletcher on September 26, 2018TreatmentCausesDifferent age groupsDiagnosisTakeawayPigeon toe, or pediatric intoeing, is when a child's toes point inward. It is a painless condition that is common in children up to the age of 8 years. Pigeon toe can happen in one or both feet. The condition usually corrects itself without treatment.Pigeon toe often develops in the womb or due to genetic anomalies, so a person can do very little to prevent it.No evidence exists to support any type of shoe that claims to help prevent or, in most cases, treat pigeon toe or that learning to walk in bare feet can help redirect pigeon toes.Share on PinterestPigeon toe is common and easy to treat.It is easy to treat most cases of pigeon toe.The most common treatments are to, allowing a child to grow normally, and reassurance. Normally, little or no further intervention is necessary. In the rare case that the feet require further medical intervention, practitioners will often suggest one of the following:molds or casts that correct the foot shapessurgery to correct the positioning of the bones that cause pigeon toeA doctor or therapist may recommend any of these treatments if your child's pigeon toe is severe and doesn't improve on its own. Pigeon toes are usually not a concern for children, but they can affect a child's self-esteem. Pigeon toes are most commonly caused by the bones of the feet being rotated inward. This is a result of something that was born with, the tissues of the feet can be worked to loosen them. This video for how to work on improving plantar fascias applies because pigeon toeing originating with the feet can lead to similar restriction of the foot muscles. I also highly recommend stretching the muscles with foam rolling. I've covered this in detail though, and you can find the video here. If you have a child with pigeon toes, you should take as much attention and care as you can to correct their foot position. See What You Can Do with Consistent Effort Taken individually or all together, these exercises are a great place to start improving a lack of external rotation in your legs. If after a significant period of consistent effort, you find there doesn't seem to be improvement, then the next step should be to seek the counsel of a doctor or physical therapist who can give you advice as to your next course of action. Anatomy graphic by Pearson Scott Foresman [Public domain], via Wikimedia Commons. Written by Jenna Fletcher on September 26, 2018TreatmentCausesDifferent age groupsDiagnosisTakeawayPigeon toe, or pediatric intoeing, is when a child's toes point inward. It is a painless condition that is common in children up to the age of 8 years. Pigeon toe can happen in one or both feet. The condition usually corrects itself without treatment.Pigeon toe often develops in the womb or due to genetic anomalies, so a person can do very little to prevent it.No evidence exists to support any type of shoe that claims to help prevent or, in most cases, treat pigeon toe or that learning to walk in bare feet can help redirect pigeon toes.Share on PinterestPigeon toe is common and easy to treat.It is easy to treat most cases of pigeon toe.The most common treatments are to, allowing a child to grow normally, and reassurance. Normally, little or no further intervention is necessary. In the rare case that the feet require further medical intervention, practitioners will often suggest one of the following:molds or casts that correct the foot shapessurgery to correct the positioning of the bones that cause pigeon toeA doctor or therapist may recommend any of these treatments if your child's pigeon toe is severe and doesn't improve on its own. Pigeon toes are usually not a concern for children, but they can affect a child's self-esteem. Pigeon toes are most commonly caused by the bones of the feet being rotated inward. This is a result of something that was born with, the tissues of the feet can be worked to loosen them. This video for how to work on improving plantar fascias applies because pigeon toeing originating with the feet can lead to similar restriction of the foot muscles. I also highly recommend stretching the muscles with foam rolling. I've covered this in detail though, and you can find the video here. If you have a child with pigeon toes, you should take as much attention and care as you can to correct their foot position. See What You Can Do with Consistent Effort Taken individually or all together, these exercises are a great place to start improving a lack of external rotation in your legs. If after a significant period of consistent effort, you find there doesn't seem to be improvement, then the next step should be to seek the counsel of a doctor or physical therapist who can give you advice as to your next course of action. Anatomy graphic by Pearson Scott Foresman [Public domain], via Wikimedia Commons. Written by Jenna Fletcher on September 26, 2018TreatmentCausesDifferent age groupsDiagnosisTakeawayPigeon toe, or pediatric intoeing, is when a child's toes point inward. It is a painless condition that is common in children up to the age of 8 years. Pigeon toe can happen in one or both feet. The condition usually corrects itself without treatment.Pigeon toe often develops in the womb or due to genetic anomalies, so a person can do very little to prevent it.No evidence exists to support any type of shoe that claims to help prevent or, in most cases, treat pigeon toe or that learning to walk in bare feet can help redirect pigeon toes.Share on PinterestPigeon toe is common and easy to treat.It is easy to treat most cases of pigeon toe.The most common treatments are to, allowing a child to grow normally, and reassurance. Normally, little or no further intervention is necessary. In the rare case that the feet require further medical intervention, practitioners will often suggest one of the following:molds or casts that correct the foot shapessurgery to correct the positioning of the bones that cause pigeon toeA doctor or therapist may recommend any of these treatments if your child's pigeon toe is severe and doesn't improve on its own. Pigeon toes are usually not a concern for children, but they can affect a child's self-esteem. Pigeon toes are most commonly caused by the bones of the feet being rotated inward. This is a result of something that was born with, the tissues of the feet can be worked to loosen them. This video for how to work on improving plantar fascias applies because pigeon toeing originating with the feet can lead to similar restriction of the foot muscles. I also highly recommend stretching the muscles with foam rolling. I've covered this in detail though, and you can find the video here. If you have a child with pigeon toes, you should take as much attention and care as you can to correct their foot position. See What You Can Do with Consistent Effort Taken individually or all together, these exercises are a great place to start improving a lack of external rotation in your legs. If after a significant period of consistent effort, you find there doesn't seem to be improvement, then the next step should be to seek the counsel of a doctor or physical therapist who can give you advice as to your next course of action. Anatomy graphic by Pearson Scott Foresman [Public domain], via Wikimedia Commons. Written by Jenna Fletcher on September 26, 2018TreatmentCausesDifferent age groupsDiagnosisTakeawayPigeon toe, or pediatric intoeing, is when a child's toes point inward. It is a painless condition that is common in children up to the age of 8 years. Pigeon toe can happen in one or both feet. The condition usually corrects itself without treatment.Pigeon toe often develops in the womb or due to genetic anomalies, so a person can do very little to prevent it.No evidence exists to support any type of shoe that claims to help prevent or, in most cases, treat pigeon toe or that learning to walk in bare feet can help redirect pigeon toes.Share on PinterestPigeon toe is common and easy to treat.It is easy to treat most cases of pigeon toe.The most common treatments are to, allowing a child to grow normally, and reassurance. Normally, little or no further intervention is necessary. In the rare case that the feet require further medical intervention, practitioners will often suggest one of the following:molds or casts that correct the foot shapessurgery to correct the positioning of the bones that cause pigeon toeA doctor or therapist may recommend any of these treatments if your child's pigeon toe is severe and doesn't improve on its own. Pigeon toes are usually not a concern for children, but they can affect a child's self-esteem. Pigeon toes are most commonly caused by the bones of the feet being rotated inward. This is a result of something that was born with, the tissues of the feet can be worked to loosen them. This video for how to work on improving plantar fascias applies because pigeon toeing originating with the feet can lead to similar restriction of the foot muscles. I also highly recommend stretching the muscles with foam rolling. I've covered this in detail though, and you can find the video here. If you have a child with pigeon toes, you should take as much attention and care as you can to correct their foot position. See What You Can Do with Consistent Effort Taken individually or all together, these exercises are a great place to start improving a lack of external rotation in your legs. If after a significant period of consistent effort, you find there doesn't seem to be improvement, then the next step should be to seek the counsel of a doctor or physical therapist who can give you advice as to your next course of action. Anatomy graphic by Pearson Scott Foresman [Public domain], via Wikimedia Commons. Written by Jenna Fletcher on September 26, 2018TreatmentCausesDifferent age groupsDiagnosisTakeawayPigeon toe, or pediatric intoeing, is when a child's toes point inward. It is a painless condition that is common in children up to the age of 8 years. Pigeon toe can happen in one or both feet. The condition usually corrects itself without treatment.Pigeon toe often develops in the womb or due to genetic anomalies, so a person can do very little to prevent it.No evidence exists to support any type of shoe that claims to help prevent or, in most cases, treat pigeon toe or that learning to walk in bare feet can help redirect pigeon toes.Share on PinterestPigeon toe is common and easy to treat.It is easy to treat most cases of pigeon toe.The most common treatments are to, allowing a child to grow normally, and reassurance. Normally, little or no further intervention is necessary. In the rare case that the feet require further medical intervention, practitioners will often suggest one of the following:molds or casts that correct the foot shapessurgery to correct the positioning of the bones that cause pigeon toeA doctor or therapist may recommend any of these treatments if your child's pigeon toe is severe and doesn't improve on its own. Pigeon toes are usually not a concern for children, but they

