

Out-Toeing

Out-toeing is when your child's feet point outward rather than straight ahead. Frequently, this is noticeable when the child stands, walks, or runs, and often affects both feet, though can affect one foot more than the other.

Out-toeing is a normal variation of childhood development and doesn't require any intervention. An out toeing walking pattern will often correct on its own.



Out-toeing is common in early walkers and can be associated with the child's position in the womb.

It is much less common than in-toeing and can also occur in older children.

Out toeing can run in the family. It can be caused by rotation of the thigh bone (femur) or shin bone (tibia) and this causes the leg to turn outwards, this is a normal skeletal variation.

Out toeing can be associated with flat feet or knock knees.



Out-toeing will not limit your child's functional ability and should not cause any pain, but they may experience some falls. This should resolve over time. Children should be encouraged to stay active and continue to develop their balance, strength and gross motor skills.

Out-toeing is a normal variation that will resolve over time and does not require physiotherapy intervention.

If your child presents with one leg that turns out along with pain and a limp, then please contact your GP request a re-referral to physiotherapy.

How to contact us:

Children's Physiotherapy service, 84 West Ham Lane, Stratford, London E15 4PT

Contact Number: 0208 586 6380

Website: <http://www.eastlondon.nhs.uk>