

# News Release

**For Immediate Release**

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## **Five Signs Your Child May Have a Foot Problem**

Saint Louis, MO-September 22, 2009. Foot and ankle problems in children often go unnoticed. Signs and symptoms can be subtle, and sometimes children can't explain what's wrong. But it's important to protect growing feet and have problems checked out early.

Richard Wittock, DPM, FACFAS, a member of the American College of Foot and Ankle Surgeons, offers five warning signs parents should watch for.

### **1. Your Kids Can't Keep Up with Their Peers**

If children lag behind in sports or backyard play, it may be because their feet or legs are tired. Fatigue is common when children have flat feet. The muscles in the feet and legs tire easily because the feet are not functioning as well as they should.

### **2. Children Voluntarily Withdraw from Activities they would Normally Enjoy**

If they are reluctant to participate, it may be due to heel pain — a problem often seen in children between the ages of 8 and 14. Repetitive stress from sports may cause muscle strain and inflammation of the growth plate, a weak area at the back of a child's heel.

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## 5 Signs Your Child May Have a Foot Problem

### 3. They Don't Want to Show You Their Feet

Children may feel pain or notice a change in the appearance of their feet or nails but don't tell their parents because they fear a trip to the doctor's office. Dr. (LAST NAME) encourages parents to make a habit of inspecting their child's feet starting at a young age. Look for any changes such as calluses, growths, skin discoloration, or redness and swelling around the toenails.

### 4. Your Child Often Trips and Falls

Repeated clumsiness may be a sign of in-toeing, balance problems, incorrect shoe size or neuromuscular conditions.

### 5. The Child Complains of Pain

It is never normal for a child to have foot pain. Injuries may seem minor, but if pain or swelling last more than a few days, have your child's foot examined.

If you've noticed any of these signs in your children, call Dr. Wittock's office at 636-717-1100 for an assessment.

For more information on foot conditions visit [www.ankleandfootinstitute.com](http://www.ankleandfootinstitute.com)

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