

FLAT FEET IN CHILDREN CAN LEAD TO CHILDHOOD OBESITY

Yes. Flat feet can be painful for children and can affect their athletic ability and their daily exercise requirements. Children are diagnosed with flat feet when the arch running along the length of the foot is low or absent. Parents often ask me if this is a condition their child will “grow out of”. Although flat feet are more common in younger children and to some degree, flat footedness is only considered normal up until around the age of five or six.

The typically flat-footed child has what's known as a flexible flat foot, where the arch is present but disappears when the foot bears weight. When this is associated with symptoms such as pain in the feet, knees or back, or a disability, treatment should be offered. Your child may also complain of calf or arch pain. The collapsing of the arch can require more energy, making it difficult for a child to walk and run and if left untreated it could lead to other problems such as childhood obesity since exercise may cause the child's feet to hurt.



A child being overweight can also cause many problems in the feet. For example, the pressure of extra weight causes a flattening of the foot, resulting in strain on the plantar fascia, a primary cause of heel pain. Because the heel bone is not fully developed until age 14 or older, overweight children are also more prone to Sever's disease. Although not an actual disease, it involves inflammation of the heel's growth plate due to muscle strain and repetitive stress. Being overweight may also cause stress fractures, or hairline breaks in a child's heel bone. It's a vicious cycle for overweight children. They should exercise and lose weight, but because of their weight, their feet hurt and they can't exercise. In 2011, the World Health Organization classified 31.5 per cent of Canadian children, ages five- to 17-year-old as overweight or obese.

If your child is complaining of foot pain, not keeping up with the other kids in gym class, extra curricular activities or wanting to sit more than play with other kids, you should call our office and have your child's feet examined.

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www.CollingwoodOrthotics.com



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Are you reading our newsletter in the office? Would you like to receive a monthly copy? Just give us your email address and we'll make sure you receive all of our monthly newsletters, promotions and information for our contests!

JOKE OF THE MONTH

A frog goes to a fortune teller to find out if he will ever be lucky in love. The fortune teller reads his palm and tells the frog, "I have good news and I have bad news. Which would you like to hear first?" The frog asks for the good news first. The fortune teller says, "You are going to meet a pretty girl who is going to want to know all about you." "Great," says the frog. "What's the bad news?" "The bad news is you're going to meet her in biology class." replies the fortune teller.



NATIONAL FOOT HEALTH MONTH CONTEST WINNERS

In celebration of National Foot Health Month, we had some fun contests and posted them on our Website, Facebook page and in our office.

Congratulations to all of our winners!

Foot Guess winners are Amelia Lockhart, Debbie Fliegel and Rory Cramer.

And congratulations to our "Fun with Feet" Art Contest winner, Enrique Miranda, whose clever photo submission took first place.



DID YOU KNOW...

That Abbott Foot & Ankle Clinic has a great selection of foot health products for your summer foot conditions. If you have sore feet, Biofreeze, in it's easy application form can help you out. It's available in spray, roll on or gel and is always readily available at our clinic.

When should you call a Chiroprapist:

If you have foot or ankle that won't go away.

If you have thick, yellow toenails that are hard to cut.

If you are diabetic and have poor circulation or limited feeling in your feet.

If the skin on your feet is severely dry, peeling, or cracking.

If you are developing corns, callouses, blisters or bunions.

If you need help finding proper fitting shoes.



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