

Femoral Anteversion

“My Child Walks with Their Foot Turned In”

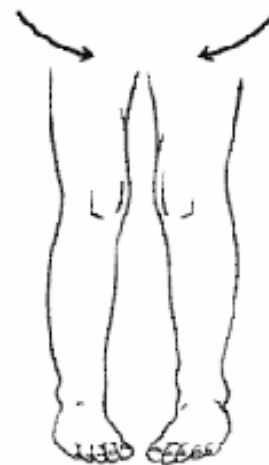
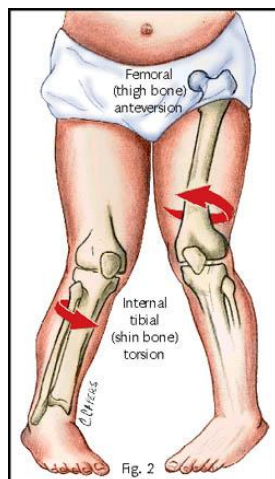
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Femoral Anteversion is a Rotational problem in which the hips cause the entire leg is turned in. Femoral Anteversion is the most common cause of In-Toeing that presents in early childhood. In-Toeing is when the child walks and the leg turns in. Femoral Anteversion is twice as common in girls as boys. It is nearly always symmetrical (the same on both sides), and is often familial (may run in the family). The child often sits in the “W” position, this is the opposite of Indian Style. The child walks with an abnormal gait with the patella (kneecap) rotated inward, and runs in an awkward pattern.

For the initial evaluation physical examination alone is sufficient and appropriate. X-rays are indicated if hip rotation is asymmetrical (femurs may be rotated differently on each side) or surgery is planned. Femoral Anteversion is often self correcting and/or resolves on its own. Methods, such as braces, have been tried for non-operative treatment but none have been demonstrated to be effective. Physical Therapy can help stretch and strengthen the hips along with gait training.

In the rare case that this does not resolve by late childhood, surgery may be necessary to correct the rotation so the child walks normal.



Dr. Locke's clinical care team

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