

Metatarsus Adductus **“My Child Walks With Their Foot Turned In”**

Mark Locke, MD
mark.locke@mooreclinic.com

Metatarsus Adductus is when a child walks with the front part of the foot turned or curved in. This is often the cause of In-Toeing and is recognized by the description of “banana foot”. In-Toeing may be due to Forefoot Adduction (the front part of foot is curved in), Tibial Torsion (the large bone in the lower leg, known as the tibia, is twisted inward), or Femoral Anteversion (the thigh bone, known as the femur, is rotated inward.)

During the first year of life inward rotation of the foot is usually due to Metatarsus Adductus. Metatarsus Adductus is the most common congenital (meaning present at birth) foot deformity. Most cases of Metatarsus Adductus are due to intra-uterine positioning (positioning of the baby in the tight space of the uterus). In more than 90% of children Metatarsus Adductus resolves on its own.

If the foot easily straightens with pressure or a push then the foot is considered flexible and no treatment is necessary. If the foot does not straighten with pressure or a push then the foot is rigid. In the case of a rigid Metatarsus Adductus treatment may include special shoes, and/or serial casting. If casting does not correct the curved foot by age one surgery may be required to correct the deformity.

- Stiff – Rigid Foot – Casting
- Flexible Foot Age > 6 Months – Straight Last Shoes



Dr. Locke's clinical care team

Tammie Gillam 227-8176
tammie.gillam@mooreclinic.com

Lacey Davis 227-8158
lacey.davis@mooreclinic.com