

Tibial Torsion

“My Child Walks with Their Foot Turned In”

Mark Locke, MD
mark.locke@mooreclinic.com

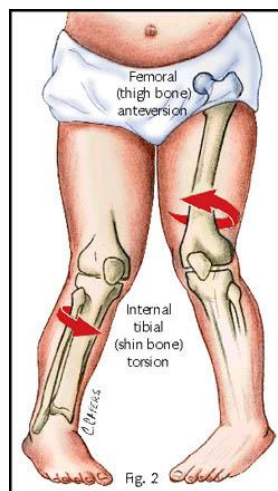
Tibial Torsion is a Rotational problem in which the large bone in the calf (tibia) is twisted inward. Tibial Torsion is common among infants and children. Most cases are due to intra-uterine positioning (positioning of the baby in the tight space of the uterus).

Tibial Torsion is the most common cause of In-Toeing (when the child walks the front part of the foot moves inward). Tibial Torsion is most apparent when infants first begin to walk. The feet are rotated inward, while the patella (kneecap) remains in a neutral position. Tibial Torsion often resolves on its own. This resolution is most rapid in infancy, but continues throughout growth. As the leg grows it will straighten on its own. It affects both sexes equally and is often asymmetrical (not the same on each side). Because runners often demonstrate In-Toeing, some claim that a mild degree of In-Toeing may actually be beneficial.

In the past, many doctors used braces or special shoes with a bar to hold the legs. Studies have shown all of these are ineffective. We therefore do not recommend these for tibial torsion.

Treatment for Tibial Torsion in infancy or early childhood is to allow time to correct on its own. We can always straighten the leg later with surgery.

- Age 0 – 3 – No Treatment
- Age 3 – 6 – Night Time Brace
- Age 6 and Older – Surgery



Dr. Locke's clinical care team