Sharp Podiatric
MEDICINE + SURGERY
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Common Pediatric Conditions We Treat

Flat foot deformity (Pes planovalgus)

• Flat feet are a common condition of the foot structure. In infants and toddlers, prior to walking, the longitudinal arch is not developed and flat feet are normal. Most feet are flexible and an arch appears when children begin standing on their toes. The arch continues to develop throughout childhood, and while not always symptomatic there is a variety of pathology associated with the condition
• Flat feet are generally associated with pronation, a leaning inward of the ankle bones toward the center line.).
• Over-the-counter or custom orthosis can be used to successfully treated condition.
• Aggressive stretching to reduce equinus contracture and also benefit the patient a great deal.

Ingrown toenails (onychocryptosis and paronychia)

• Ingrown toenails (onychocryptosis) is common in children, is usually caused by trimming toenails too short, typically the great toe or from structural deformity. They may also be caused by shoe pressure (from shoes that are too tight or short), injury, fungal infections, heredity, or poor foot structure.
• In most cases, treating ingrown toenails is simple: soak the foot in warm, soapy water several times each day. Avoid wearing tight shoes or socks.
• Antibiotic therapy can be utilized.
• In severe cases, if an acute or recurrent infection occurs; surgical removal of part of the ingrown toenail may be needed. A matrixectomy can often be an effective and permanent solution to address the offending nail border.

Apophysitis (pediatric heel pain)

• Apophysitis, commonly occurring in the calcaneus or Sever's disease is a common occurrence in children from 8-11 years of age.
• We have an excellent progressive algorithm to treat this successfully and prevent recurrence as well as potential for growth plate injury.

Warts (verrucae)

• Another common ailment children and can often addressed and several simple ways.
• We employ a three part topical algorithm can be used to reduce or eliminate the plantar verruca with minimal pain and disability.
• Excision is rarely necessary

www.sharpfootankle.com