The Child with a Sore Foot
History and examination

• Look
• Feel
• Move
Sesamoiditis

- Irritability, pain and tenderness beneath the 1\textsuperscript{st} metatarso-phalangeal joint
Hallux valgus

• Surgery is contraindicated in adolescent and childhood hallux valgus
Freiburg’s Infraction

• Pain and irritability at the second metatarsophalangeal joint
Stress or “march” fracture

- Pain and swelling and tenderness after a change in activity level
Kohler’s disease
5 y.o. with a limp
Accessory navicular

- Tibialis posterior attachment to the navicular, pain, swelling and tenderness
Apophysitis

• Base of 5th metatarsal at the attachment of peroneus brevis.
Arch strain

• Medial arch soreness, helped by a soft orthotic support
Tarsal Coalition

- Peroneal spasm with a flat foot and stiff subtalar joint.
Tarsal Coalition
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Rigid Flat Foot

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Heel pain in children

• 10 to 12 y.o. with sore heels and limping, soccer and basketball
Os trigonum

- Posterior ankle pain with exercise, soccer and ballet, posterior impingement sign
Flat feet

• All infants and toddlers have fat, flat feet because they are flexible
Stiff flat foot

• Restriction of motion, pain and stiffness indicate a pathological process
Regional pain syndrome

- Pain level out of keeping with the cause, swelling, colour and temperature changes, skin tenderness
- Sympathetic system
Toddlers fracture

- 2y.o. who won’t walk, look for tibial swelling and tenderness, x-ray may be inconclusive
The end.