

# Out-Toeing

## What is Out-Toeing?

Out-Toeing means that the feet are turned outward instead of straight ahead when standing or walking. It is sometimes referred to as “duck footed”.



Out-toeing can be a normal part of childhood development and is usually not concerning. It is almost always seen in new walkers because they turn their feet out to help them feel steadier. Children who out-toe may walk or run a little differently and may trip more often. Out-toeing may or may not change as children get older.

## What Causes Out-Toeing?

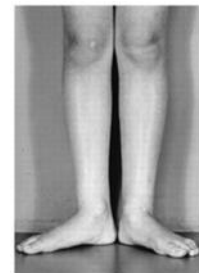
### Pes Planus/Pes Planovalgus

- This refers to a flexible flat foot
- Flat feet are normal in babies and toddlers
- Children start to develop their foot arches at 3 years old, and continue to develop them until 5 or 6 years old
- Flat feet usually resolve on their own



### External Tibial Torsion

- This refers to an outward twist in the lower leg bone (the tibia)
- This condition may or may not improve as the child grows
- Bracing, special shoes and exercises do not change the course of this condition



### Femoral Retroversion

- This is when the thigh bone (femur) turns outward, which makes the knees and toes point outward too
- This may or may not improve as the child grows
- Bracing, special shoes and exercises do not change the course of this condition



## When Should You Ask for Advice?

- The out-toeing only happens on one side
- The middle of the foot is collapsed but the heel and toes point outward
- Your child has trouble participating in age-appropriate activities
- Your child has pain related to their out-toeing



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