



IN-TOEING (PIGEON TOES)

Dear Parent/Guardian,

Thank you for allowing your child to participate in a lower-extremity movement screening conducted by Happy Feet 4 All, a community-based preventative foot health program.

During today's screening, your child demonstrated an in-toeing walking pattern, commonly referred to as pigeon toes. This means your child's feet tend to turn inward when walking or standing. This observation is not a medical diagnosis, but an educational screening result.

WHAT IS IN-TOEING?

In-toeing occurs when the feet point inward while walking. It is a common walking variation in children and can result from differences in the rotation of the hips, thigh bones, or lower legs.

WHY THIS MATTERS

In many cases, in-toeing corrects naturally as a child grows. However, in some children, it may be associated with:

- Tripping or clumsiness
- Uneven wear on shoes
- Fatigue during walking or running
- Balance or coordination challenges



RECOMMENDED NEXT STEPS

We will make a recommendation/referral to local Board Certified Pediatric Podiatry and Physical Therapy groups based on geographical location and preference.

We suggest:

- Observing your child's walking and activity tolerance
- Monitoring for any discomfort, pain, or frequent falls
- Seeking a clinical evaluation by a pediatric podiatrist, orthopedist, or physical therapist if your child has symptoms or difficulties keeping up with peers

If your child already has a healthcare provider, this letter may be shared for reference.

Important Disclaimer

This screening is preventative and educational only and does not replace a medical diagnosis or treatment plan. Only a licensed healthcare provider can diagnose or treat medical conditions. If you have any questions or would like assistance finding a pediatric foot or movement specialist, please contact us. Assessments, evaluations, and program participation with medical providers are covered by health insurance based on eligibility. Thank you for partnering with us to support your child's foot health and physical development.