

What Can Be Done?

There are many things that can be done to manage a developmental flat foot. Your healthcare provider can help diagnose the condition and recommend appropriate treatment. Intervention may include balance and coordination exercises, in addition to **littleSTEPS®** foot orthotics for kids.

What are littleSTEPS®?

littleSTEPS® are pre-fabricated foot orthoses specifically designed for kids. **littleSTEPS®** provide an affordable alternative to expensive custom foot orthoses while delivering a prescription based correction. This promotes earlier intervention and treatment of many musculoskeletal conditions common to children. Sizing ranges from a toddlers 5 through youth/adult size 8.5 (euro sizes 21-42), suiting all kids, toddlers to teens.



littleSTEPS® are Designed to Improve:

- 👣 Flat Feet
- 👣 Balance
- 👣 Coordination
- 👣 Pain
- 👣 Posture
- 👣 Strength

What makes littleSTEPS® Unique?

littleSTEPS® provide the same functional foot control found in prescription foot orthoses. Some of these features are:

- 👣 An ultra deep heel cup to maximize rearfoot control and realign the Achilles tendon.
- 👣 Excellent arch support with a deep flare to assure both comfort and correction.
- 👣 A unique thermoplastic compound which has a combination of strength and a “soft-edge” feel for patient comfort.
- 👣 **littleSTEPS®** are durable and easy to clean with soap and water.
- 👣 Fit in most standard athletic shoes.

Is there a break-in period?

Yes. Most patients should be able to gradually increase their wear time over a 7-10 day period. This begins with normal activity and gradually works towards more strenuous activities, such as sports. It is recommended that all foot orthoses be worn with socks to avoid blisters.

Should I consider additional pairs of littleSTEPS® orthoses?

Most often, one pair of orthoses will suffice; however, having additional pairs offers the convenience of not having to move them from shoe to shoe.

For more information about **littleSTEPS®** go to nolaro24.com or ask your clinician.

littleSTEPS®

foot orthotics for kids



The affordable
alternative to
custom orthoses
littleSTEPS®. . .Big Results!

NOLARO²⁴ LLC
the alternative to custom orthotics
nolaro24.com

Are you concerned about your child's feet?



You are not alone. It is not uncommon for parents to be concerned about their child's "flat feet". Children normally possess an apparent flat foot during the first year of life. Some will outgrow this, but some will not.

Foot Facts:

- It is normal for a child's foot to appear flat up until about the age of 2 due to a thick layer of baby fat that fills the arch area. As long as the child is otherwise healthy, and the foot is flexible and free of pain, then no treatment is necessary.
- Most children will begin to walk by 12-14 months, although there is a great deal of developmental diversity among children.
- As a child begins to walk, they will initially be unsteady, with awkward and erratic movements, as their brain learns to coordinate movement. During this time it is common for a child to walk on their toes.
- Within several months of a child's first steps, they will begin to master their movements. They should begin to walk flat on their feet instead of on their toes.
- A child's arch becomes more obvious around 3 years of age when the fat pad disappears. At this age it is normal to observe a good arch when the child is sitting or lying down. Upon standing however, the arch may look very low. In most cases, this may be completely normal.

When a child's arch is severely flat, coupled with an inward bowing of the ankles and Achilles tendon, they may have a true flexible flatfoot. This is also known as "developmental flat foot". This is a foot that has a normal looking arch when non-weight bearing and a flat arch in standing. Typically this condition is not painful, but may lead to postural concerns and poor muscle development.

It is uncommon for a child with a normal foot to complain of pain. Any complaint of limb or foot pain from a child should not be taken lightly. "Growing pains" are not normal and are usually not the cause of foot and leg pain. Any child complaining of pain should be seen by their doctor to rule out a potentially serious condition.

In rare cases, some children may be born with a malformation of the ankle bone that causes a rigid flat foot, coupled with the appearance of a "rocker-bottom" foot. This condition, although extremely rare, is cause for serious concern and warrants an evaluation by a physician.

There are other serious joint problems, such as juvenile rheumatoid arthritis, that cause foot pain in children. This is the reason that foot and leg pain in children is always cause for concern.

littleSTEPS® Come in 2 Models:



littleSTEPS® foot orthotics:

- Support Flat Feet and Improve Posture
- Control Heel Pain/Sever's Disease
- Reduce Growing Pains
- Effective for Toe Walking



littleSTEPS® gait plates:

- Reduce In-Toeing
- Improve Hip & Lower Extremity Strength
- Reduce Destructive Torsional Forces
- Create a Straighter, More Normal Gait

The **NEXT BEST THING** to Custom!

Developmental Flatfoot is one of the most common conditions affecting the musculoskeletal system of children and teenagers. There is a tendency to under treat or ignore a child's flatfoot unless it is severe. Developmental flatfoot is the precursor to serious foot dysfunction and often results in some level of disability in the adult foot. Recognizing this anomaly early in life will save joints and musculoskeletal issues later in life.



Five Signs Your Child May Have a Foot Problem

(American College of Foot & Ankle Surgeons, visit ACFAS.org)

- Your child cannot keep up with his peers
- Your child withdraws from activities they usually enjoy
- Your child does not want to show you his feet
- Your child often trips and falls
- Your child complains of pain – **IT IS NEVER NORMAL FOR A CHILD TO HAVE FOOT PAIN!!**



What if my Child Continues to Toe-Walk?

It is normal for a child to walk on their toes for the first 2-3 months of walking. If your child continues to toe walk after this time, they should be examined to determine if they have tight heel cords (the tendon that connects to the back of the heel). Children who toe walk may simply require stretching of their heel cords or they could require other intervention.

Although many children will continue to walk on their toes despite having normal heel cord flexibility, children with developmental flat foot may assume this position to gain more stability. Wearing supportive shoes in combination with a foot orthotic can help them.