

PATIENT EDUCATION · LITTLE WIGLEY FEET · PEDIATRIC CARE

Children's Foot Health

Children's feet grow and change quickly — and most childhood foot 'quirks' are a normal part of development. But some concerns deserve a professional look: flexible flat feet that cause pain, in-toeing or out-toeing that persists, heel pain in active kids (often Sever's disease, an irritation of the growth plate), ingrown toenails, and plantar warts. Children rarely complain the way adults do — instead they slow down, sit out, or ask to be carried. Early evaluation is simple, gentle, and can prevent bigger problems as your child grows.



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At a Glance

Focus area	Little Wigley Feet · Pediatric Care
Goal of care	Children's feet grow and change quickly — and most childhood foot 'quirks' are a normal part of development.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Children with flat feet who have pain, tripping, or fatigue
- Active kids with heel pain during sports (possible Sever's disease)
- Children with ingrown toenails, warts, or curly/overlapping toes
- Any child avoiding activity or walking differently

How We Evaluate

- Gentle, kid-friendly examination of feet, gait, and alignment
- Assessment of flexibility, strength, and growth-plate areas
- X-rays only when truly needed

When to Seek Care

- Limping, tip-toe walking, or frequent tripping past toddler age
- Heel or arch pain during or after activity
- Redness or swelling around a toenail
- A child who asks to be carried more than usual or sits out of play

Treatment Options

- Reassurance and monitoring — many findings are normal development
- Supportive footwear guidance and activity modification
- Custom or over-the-counter orthotics for symptomatic flat feet
- Stretching programs for heel pain / Sever's disease

What to Expect

1

A kid-friendly visit at Little Wigley Feet

2

Clear answers about what's normal and what needs care

3

A plan that keeps your child active and comfortable

Common Questions

My child has flat feet. Should I worry?

Most young children have flexible flat feet that improve as they grow. Treatment is only needed when flat feet cause pain, fatigue, or affect how your child plays and walks.

Why does my child's heel hurt during sports?

The most common cause is Sever's disease — irritation of the heel's growth plate in growing, active kids. It responds well to stretching, support, and short-term activity changes.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov
- American Podiatric Medical Association — apma.org

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.