

# In-toeing and out-toeing

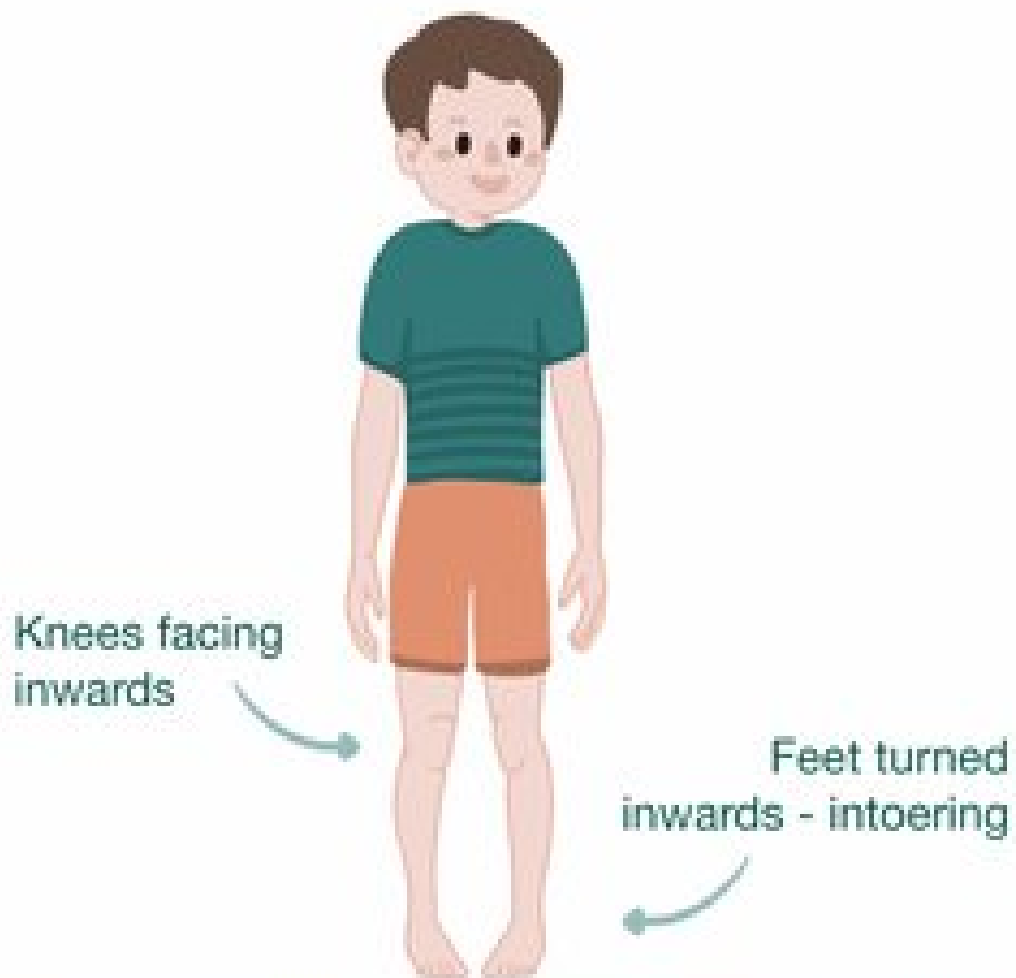
Most people's feet point straight ahead or slightly outward.

Your child may have feet that point inward (in-toeing) or feet that point outward (out-toeing).

This is very common in childhood and usually gets better without any treatment as the child grows older.

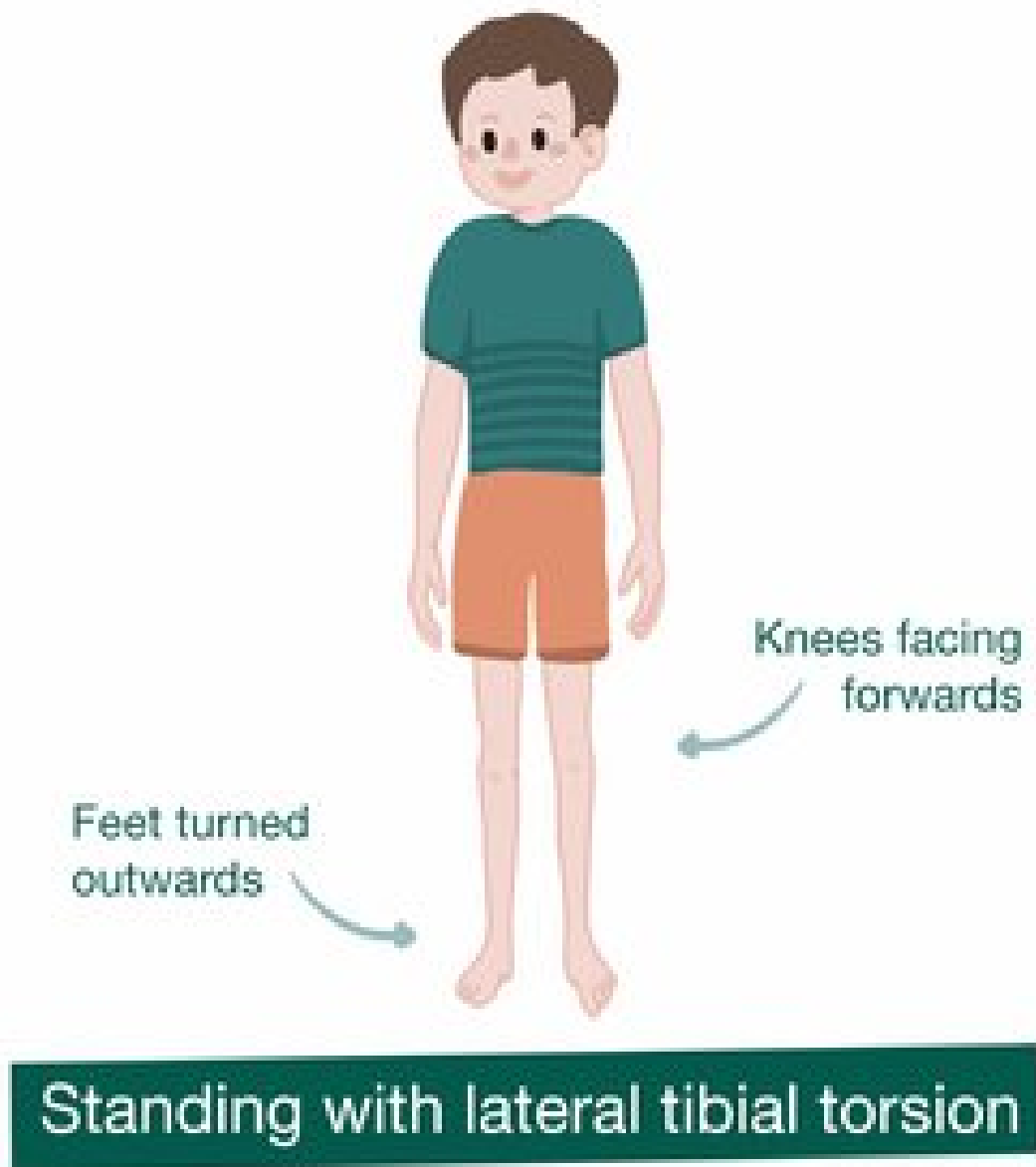
Children with in-toeing or out-toeing are usually completely healthy.

There are things you can do to help your child correct this.



Feet and knees turned inwards

In-toeing is when feet and knees are turned inwards



Out-toeing is when feet are turned outwards

## Diagnosing in-toeing or out-toeing

Your GP or paediatric physiotherapist can do a complete physical examination.

This examination will:

- measure how serious the problem is
- check there are no other deformities or related conditions

Your GP can also tell you more about the various bone twists that can cause in-toeing. These are also known as metatarsus adductus, tibial torsion and femoral anteversion.

## Who might get in-toeing or out-toeing

In-toeing and out-toeing can happen to both boys and girls. It's much more common in infants and young children than in adolescents.

## How it affects your child

Children who in-toe or out-toe might appear to trip more but this soon gets better. In-toeing will not affect your child's ability to walk, run or jump in the long term.

In-toeing and out-toeing might appear worse when your child is tired. But the condition is not painful and they can do activities as usual.

## How to help your child

You can help correct these problems in your child by:

- choosing the right shoes
- encouraging them to walk along a straight line (keeping feet straight)

[+ Help with in-toeing](#)

[+ Help with out-toeing](#)

## Help your child stop walking on their tip-toes

Some children walk on their tip-toes. This usually goes away on its own if your child can stand with their feet flat.

You can help by:

- encouraging your child to stand with their feet flat on the floor to stop them walking on their tip-toes
- play games such as “walk like a penguin” to get your child to stand with their feet flat on the floor

## When to get help for tip-toe walking

Get help from your GP or a physiotherapist if your child walks on their tip-toes and:

- has stiff ankles
- rarely stands with their feet flat

- does not grow out of tip-toe walking

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# Sláintecare.

This project has received funding from the Government of Ireland's Sláintecare Integration Fund 2019 under Grant Agreement Number 8.

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