

Paediatric Physiotherapy Service

01206 588073 & 01255 201606

Children's Physiotherapy  
659 The Crescent  
Colchester Business Park  
Colchester  
Essex  
CO4 9YQ

## Metatarsus Adductus

This leaflet is available in an  
alternative format on request.

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## What is it?

Metatarsus adductus is a foot condition where the mid-foot is turned inward. The back part of the foot and ankle are normal. It may affect one or both feet. It is a fairly common condition, causes no pain, and often gets better without treatment as your child grows.



## How is metatarsus adductus diagnosed?

Metatarsus adductus is usually diagnosed by looking at the foot when the child is born, but sometimes only becomes apparent when the child is walking. The clinician will differentiate metatarsus adductus from other possible foot problems.

## What causes Metatarsus Adductus?

The cause of metatarsus adductus is often positional from being inside the womb.

It occurs in approximately 1 out of 1,000 to 2,000 live births and affects girls and boys equally.

Sometimes there is a family history.

## How is Metatarsus adductus treated?

In the majority of cases metatarsus adductus gets better on its own without treatment.

Stretching: parents may be given stretching exercises to help the foot move into a straighter position.

This involves stretching along the medial border of the foot

<https://us.physitrack.com/home-exercise-video/metatarsus-adductus---midfoot-abduction>

Your child may be given some boots to wear which hold the stretch for a longer period of time.

Casting: may be recommended if the foot doesn't begin correcting on its own or if the metatarsus adductus is rigid (stiff, hard to move). The casts help move the foot into position.

Surgery: is only recommended in rare severe cases, where the metatarsus adductus doesn't improve using other