

# In-toeing Why does in-toeing happen?

The foot turns in  
Often from the baby's position in the womb.  
This usually improves on its own by age 2.

The shin bone turns in  
This usually improves on its own by the time the child is 3-4 years old.

The thigh bone turns in  
This usually improves on its own by the time the child is 8-10 years old.

## ACTIVE PLAY POSITIONS:

Encourage your child to use a variety of play positions that feel comfortable for them! Here are some ideas:



**On Stomach**  
(propped up on forearms)



**Criss Cross**  
(straight back)



**Tall Kneel**



**Long Leg Sitting**



**On Hands & Knees**



**Side Sitting**  
(alternating sides)

## ACTIVE PLAY SUGGESTIONS:

Some activities can help build muscle strength, balance & hip rotation

### Animal walks



**Frog Jumps**  
(squat and jump)

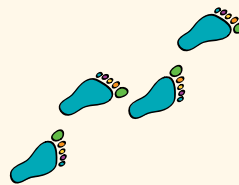


**Penguin Walk**  
(toes out)



**Duck Walk**  
(low squat with knees apart)

### Following a path, line, or footprints



### Squatting & jumping



Doing activities (e.g., puzzles) in squatting position.  
Squatting to pick up toys and jumping any way, any time!

### Stepping over obstacles



### Up & down stairs



(one foot per stair)

### Sports & games



Ride-on toy, scooter, or bicycle, skating, soccer, dance/ballet, horseback riding, martial arts.



### Footwear



Ensure shoes are made of lightweight material, and can be tightened to fit snugly.  
Barefoot play (indoors) is encouraged!

## WHEN TO SEEK EXTRA HELP?

Talk to your health care professional if:

- the in-toeing is severe and affects your child's function
- the in-toeing causes frequent tripping/falling
- only one leg is affected and/or causes a sudden limp
- the in-toeing causes any pain
- you are concerned



**Children's  
Therapy Network  
of Manitoba**

[manitoba.ca/fs/ctnm](http://manitoba.ca/fs/ctnm)