

<u>Complication</u>	<u>Sign(s) & Symptom(s)</u>	<u>Recommended Treatments</u>
Clubfoot	<ul style="list-style-type: none"> ● Deformity of the foot that twists inward and downward 	<ul style="list-style-type: none"> ● Casting, bracing and surgery in more severe cases
Metatarsus Adductus (MTA)	<ul style="list-style-type: none"> ● Front of foot bent inward at the instep resembling the letter “C”; Excessive tripping when walking 	<ul style="list-style-type: none"> ● Stretching exercises; Shoe options that are straight; Serial casting; Surgery in more severe cases
Flatfoot	<ul style="list-style-type: none"> ● Pain at knees, ankle, foot or back; difficulty walking 	<ul style="list-style-type: none"> ● Custom foot orthotics; Change in the type of shoe; Surgery in some cases
In-toeing	<ul style="list-style-type: none"> ● One or both feet point inward; Tripping; Sitting on knees in “W” 	<ul style="list-style-type: none"> ● Exercises (first position ballet, sitting Indian style, riding “big wheel”); Casting or Bracing
Achilles Tendonitis	<ul style="list-style-type: none"> ● Pain with activity at the back of the leg and heel; Swelling 	<ul style="list-style-type: none"> ● Rest; Icing; Stretching; Physical therapy; Heel lifts; Custom foot orthotics; Soft casting; Surgery in severe cases
Stress fracture	<ul style="list-style-type: none"> ● Pain; Swelling 	<ul style="list-style-type: none"> ● Immobilization; Surgery; surgery in severe cases
Sever’s disease(heel pain)	<ul style="list-style-type: none"> ● Pain with side-to-side pressure of the heel; Pain with activity; Pain with soccer or baseball cleats 	<ul style="list-style-type: none"> ● Rest; Ice; Shoe change; orthotics
Toe-Walkers	<ul style="list-style-type: none"> ● Walking on toes 	<ul style="list-style-type: none"> ● Stretching exercises; Neurological exam; Surgery in severe cases; night splint
Plantar fasciitis (heel pain)	Pain when standing or walking; Pain upon waking in the morning	<ul style="list-style-type: none"> ● Stretching; Arch supports; Custom foot orthotics; surgery in severe cases
Ankle sprain	<ul style="list-style-type: none"> ● Pain; Swelling; Bruising 	<ul style="list-style-type: none"> ● Immobilization; Casting; Bracing; Orthotics; Physical therapy; Surgery in severe cases
Plantar Warts	<ul style="list-style-type: none"> ● Painful thickening of the skin; Hard and flat, elevated surface most often on the sole of the foot 	<ul style="list-style-type: none"> ● Mild acids; Lasers; Freezing temperature; Surgical removal; Medication; Acid treatment; cryotherapy