

Age Specific Parameters for Pediatric Foot Development

- A child begins to walk around 10-14 months of age, at which time up to 6° heel valgus is considered normal
- Calcaneal valgus diminishes by 1° per year until age 6 at which time the heel should be vertical
- By age 13 a youths foot will take on its final adult form and the calcaneus will ideally be inverted 4-5°
- 10-15% of the population will end up with excessively inverted heels (Pes Cavus)

littleSTEPS® foot orthotics:



- 👣 Support Flat Feet and Improve Posture
- 👣 Control Heel Pain/Sever's Disease
- 👣 Reduce Growing Pains
- 👣 Improve Low Muscle Tone and Strength

littleSTEPS® gait plates:



- 👣 Reduce In-Toeing
- 👣 Improve Hip & Lower Extremity Strength
- 👣 Reduce Destructive Torsional Forces
- 👣 Create a Straighter, More Normal Gait

