



CHILDREN'S FOOT CARE

An Information Pack

Great Dunmow Osteopathy & Health

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A Note from Joe Hellier, Clinic Director

In our experience, children's foot care is a problem where people leave it far longer than they need to before seeking proper care. It is common, treatable and yet many people put up with the problem for years, trying home remedies that don't quite solve it.

We have written this pack for the patient who wants to understand what is going on before picking up the phone. It explains what children's foot care is, what may be contributing to it, and how our programme treats the problem properly.

There are no costs in these pages and no pressure to book - only the information we believe you need to make a considered decision.

If, after reading, you would like to talk to one of our podiatrists, the details for doing so are at the end.

Joe Hellier

Clinic Director, Great Dunmow Osteopathy & Health



Our Approach to Foot Care

We treat foot conditions the way we treat every area of the clinic: with thorough assessment, evidence-informed care and a clear plan from the outset.

Three principles shape our work in this area:

Proper diagnosis first

We do not begin treatment until we have a clear picture of what is going on. Children's Foot Care can sometimes look like other foot problems, and identifying the right cause is the first step. Where appropriate we refer onward - to your GP or another specialist - before, alongside, or instead of treatment with us.

Skilled, evidence-led care

Our children's foot care care is delivered by registered podiatrists using the techniques and equipment best suited to the problem. We do not rush appointments and we will tell you honestly if a problem needs a different approach.

Honest, clear advice

You will leave each appointment knowing exactly what we found, what we did, what to do at home and when you need to come back (if at all). Many of the problems we treat resolve in a single visit.



Understanding the Condition

Sever's disease (calcaneal apophysitis) is the most common cause of heel pain in active children and teenagers, usually between 8 and 15 years old. It's not actually a disease — it's inflammation of the growth plate at the back of the heel caused by the Achilles tendon pulling on it during a growth spurt. It's especially common in children who play football, run or do gymnastics. It's self-limiting and resolves once growth slows, usually within a few months to a year.



Contributing Factors

Children's Foot Care almost always has more than one cause. Identifying which factors apply to you is part of the work of the initial appointment.



Three Common Presentations

While every case is different, the patients we treat for children's foot care most often present with one of three recognisable patterns. Identifying which applies to you is part of the work of the initial appointment.

Sever's Disease (Active Teens)

Heel pain in active children and teenagers (usually 8 to 15 years old) caused by inflammation of the growth plate at the back of the heel. Very common in football, running, gymnastics and rugby.

We confirm the diagnosis, give clear activity modification advice, provide heel cushioning where helpful and teach stretches. Most cases settle within 4 to 8 weeks.

Sever's is benign and self-limiting — your child will grow out of it. Our job is to make the period manageable.

Gait and Development Concerns

In-toeing, out-toeing, flat feet, high arches, tip-toe walking, knock knees, asymmetric gait. Most of these are normal variations of development that resolve naturally.

We assess what you're seeing, identify the specific anatomical cause, tell you what's normal vs concerning and outline a clear plan: reassurance, monitoring or active intervention.

The majority of children need only reassurance and a follow-up review. A small minority benefit from orthotic support or referral.

Routine Children's Podiatry

Painful ingrown toenails, persistent verrucas that home treatment hasn't cleared, corns, warts or other routine foot concerns specific to children.

We treat each in a child-friendly way — explaining what we're doing, taking our time and making sure they're comfortable. Most routine concerns are sorted in one or two appointments.

We're happy to see children of any age, from toddlers to teenagers.



Our Programme

Our children's foot care service combines comprehensive paediatric assessment with clear parent education, footwear guidance and ongoing monitoring where appropriate.

Initial consultation

Your child's first appointment is a friendly, unhurried assessment. We chat with your child to put them at ease, take a full history from you, examine their feet and watch them walk and run. You'll leave knowing whether what you're seeing is normal development, something to monitor or something to treat — and what to do next.

Treatment course

Most children's foot concerns are part of normal development. Our first job is usually to give you clear answers about whether what you're seeing is normal or needs attention.

Review and aftercare

For concerns that do need active treatment we offer gentle, child-friendly care including orthotics, footwear advice, activity modification, painless treatment for ingrown nails or verrucas and onward referral when appropriate.



Care After Your Appointment

Most of the conditions we see can be largely resolved in one or two appointments. After your treatment we give you everything you need to keep the result and stop the problem coming back.

Immediate aftercare

You will leave with a clear written aftercare plan tailored to your treatment. Most patients walk out comfortably and can carry on with their day as normal. Where a dressing or specific footwear is needed we explain everything and provide what you need to take home.

At-home care

We give simple, practical advice on cleaning, moisturising, trimming and footwear that is realistic to keep up day-to-day. Most relapses come from small daily habits, and a few minutes of the right routine can keep your feet healthy long-term.

When to come back

Some conditions need a follow-up to check progress. Others are sorted in a single appointment and we will tell you so. Many of our patients see us regularly for routine maintenance, especially if they have a condition that tends to recur.



Your Next Step

If you would like to book a podiatry appointment or simply discuss your situation in more detail, you can reach us by phone, email or via the booking page on our website.

All initial enquiries are handled by our clinical team. There is no obligation to book treatment after an assessment, and no judgement if it turns out a different approach is the right fit.

We look forward to hearing from you.

Contact

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