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Maryssa saw the orthopedic doctor

Maryssa is pigeon toed. Her pediatrician referred her to an orthopedic doctor. We met with him today.

He evaluated her and said her knees and ankles are straight and the hips are causing the legs to move inward causing the pigeon toe. He said that babies that are born from a multiple birth can result in hip dysplasia. Hip dysplasia is when the hips form outside of the sockets and require surgery to correct. He took X-rays to check her hips. Thank goodness the X-rays showed no hip dysplasia.

He said in the old days they used to use braces and special inserts in the shoes. They have done studies which show that the braces and special shoes don't help. So no braces or special shoes for Maryssa. He said she will hopefully grow out of it but if she is still pigeon toed she will learn to acclimate herself to it.

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