

Patient Education



ARNOLD PALMER HOSPITAL
For Children
Supported by Arnold Palmer Medical Center Foundation

The Orthopaedic Center
at Arnold Palmer Hospital
83 W. Columbia St. Orlando, FL 32806
321-841-3040 f:321-841-3049

Metatarsus Adductus

Metatarsus adductus is defined as a curving inwards of the outside aspect of the foot. The foot appears “bean” shaped. Metatarsus adductus is the most common foot deformity in infants, occurring in 1-3/1000 children. One or both feet can be affected. The exact cause is unknown, but many people believe that the cause is intrauterine positioning or crowding. Sometimes it runs in families.



Most infants with metatarsus adductus require no treatment at all! The foot will naturally straighten out in the majority of patients.

For flexible metatarsus adductus, gentle stretching of the foot several times per day will help. This can be accomplished by holding the infant's hind foot in one hand, the forefoot in the other, and stretching the mid foot, opening the “C” shaped curve and slightly overcorrecting it.



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When feet are stiff, or when forefoot is severely turned in, we will sometimes use a series of casts in an effort to speed the process of correction. Typically we try this method if the child is less than six months to a year of age because it works better.



Occasionally, shoes that reverse the direction of the metatarsus bones may be prescribed if the foot is stiff. Straight-last and Reverse-last shoes are used in the treatment of metatarsus adductus.

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Residual metatarsus adductus causes no long term disability or pain.

