

Internal Tibial Torsion

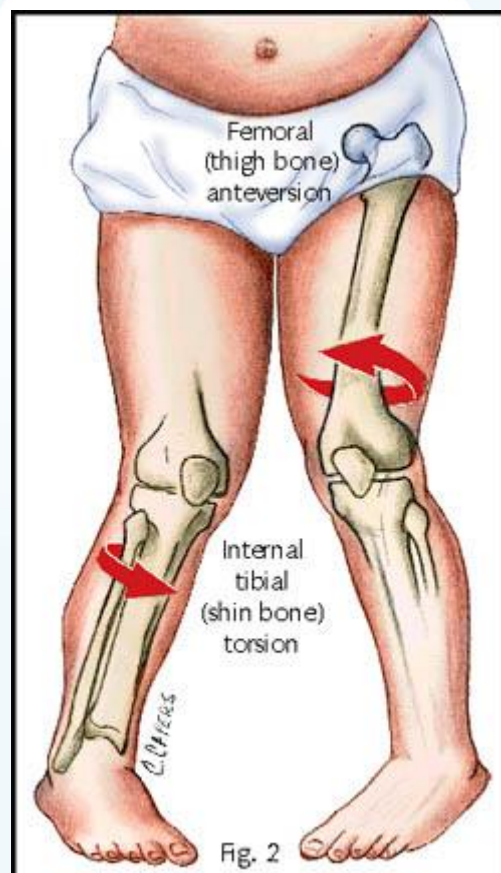
Tibial torsions are inward twisting of the shin bones, which are the bones that are located between the ankle and the knee. These torsions will cause a child's feet to turn inward or have a pigeon-toed appearance. Most of the time, the condition is seen amongst toddlers.

When children are first learning how to walk, the tibial torsion can create an appearance of in-toeing. As the feet turn in, the legs appear to be bowed. The bowed leg stance helps children to achieve a greater degree of balance as they stand. Their balance isn't as steady when trying to walk or stand with their feet closer together or with the feet turned outward. This could cause the child to trip and fall.

Tibial torsion is often attributed to the position of the baby inside of the uterus. It also tends to run in families. On average, the child's walking style closely resembles that of the parents.

Internal Tibial Torsion Anatomy

The leg is the entire lower limb or extremity within the human body. It includes the foot, hip and thigh. The skeleton is a living structure that works to support the entire body. Bones are composed of an outer shell of dense bone surrounding a honeycomb structure of softer bone. Bone is composed mainly of calcium and protein. If the bones don't have calcium, they will become weak. Two sections make up the human skeleton: the axial section, which consists of 80 bones including the spine, skull and chest, and the appendicular skeleton, which consists of 126 bones that includes the limbs, hands, feet and pelvic girdle.



How to Treat an Internal Tibial Torsion:

The specific treatment for tibial torsions are determined by the physician based on a number of factors, such as:

- The age of the child, medical history and overall health
- How severe the condition is
- The tolerance of the child for procedures, medications and therapies
- Your personal preference or opinion
- The expectations for the course of the condition

Twisting of the bones tends to improve with enough time. As the child grows older, walking can become more and more normal, usually around five to eight years of age. On occasion, special shoes or braces might be prescribed to help correct the condition. Overall, the condition has an excellent prognosis. Many cases end up correcting themselves as the child ages. On rare occasions, tibial torsion might be severe enough that surgery is the only option to correct the shin bones. Tibial torsion doesn't lead to any future health problems or arthritis.

Tips:

- Most of the time, the condition is the direct result of normal positioning of the baby within the confined space of the uterus.
- Some degree of torsion is normal throughout the child's infancy.
- The condition often ends up correcting itself as the baby learns how to walk.
- The tighter the fit was in the uterus, the greater the chance there is for problems.
- Larger babies, such as those born to diabetics, are at an increased risk of developing the condition.