



Metatarsus Adductus

What Is Metatarsus Adductus?

Is a common condition where the **front part** of a baby's foot **curves inward**, giving the foot a “*bean-like shape*”. The heel usually remains in a normal position. It can affect one or both feet and is usually **present at birth**.

Most cases are **mild and flexible**, and often correct themselves in the first few years of life.

It is not painful and **does not affect walking or development** in most children.

What Causes It?

The exact cause is unknown, but metatarsus adductus is believed to be related to:

- **Position of the baby in the uterus** (especially first pregnancies or breech presentations).
- Reduced amniotic fluid during pregnancy.
- **Family history** of foot deformities.

How Does It Present?

Parents may notice:

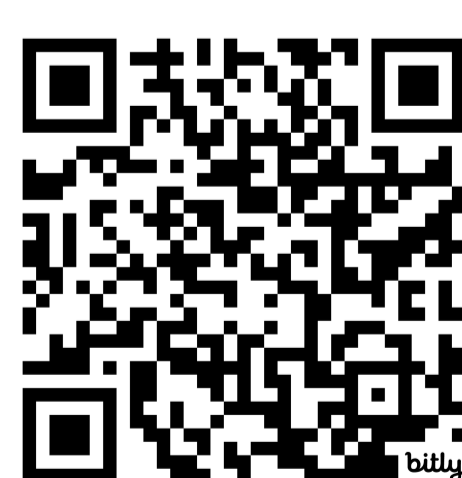
- **Inward curve of the front part of the foot.**
- The shape of the foot may look “*banana*” or “*bean-shaped*”.
- Normal ankle and heel position.
- Can be **flexible** (can be gently straightened by hand) or **rigid**.
- It may be noticed during a routine newborn check or when your child starts walking (e.g., intoeing)

Consult your doctor if your child...

- ▶ Has a severe or rigid deformity.
- ▶ Shows no improvement over time.
- ▶ Shows signs of pain or walking difficulties
- ▶ Has other leg deformities or hip issues.
- ▶ Has delays in motor development or neurological concerns.



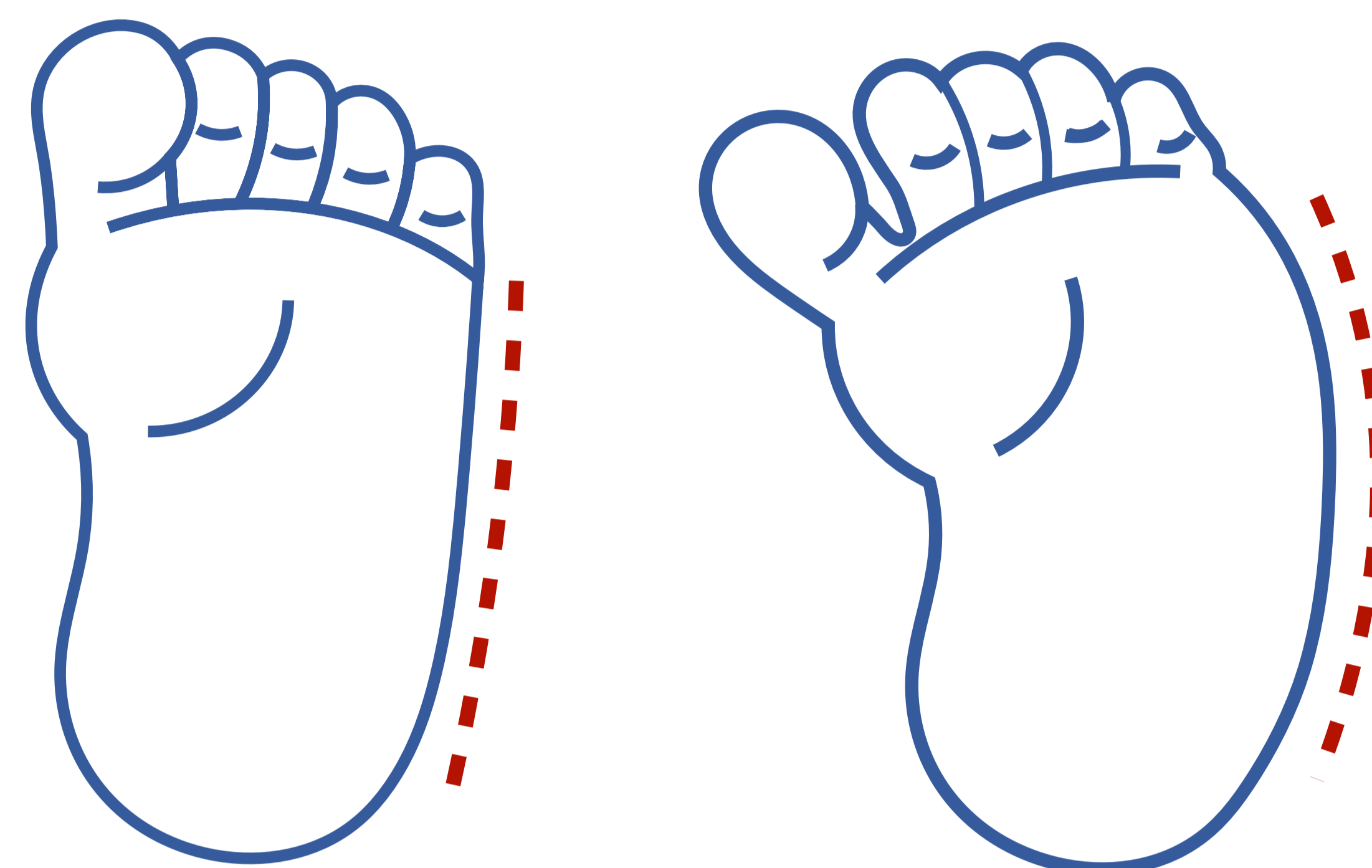
More sheets are available at www.epos.org/parent-info. This sheet may also be available in other languages.



Additional information



- ▶ Most cases resolve without treatment.
- ▶ X-rays are not usually needed unless the foot is stiff.
- ▶ Children with metatarsus adductus can run, play, and walk normally.



How Is It Treated?

Treatment depends on how flexible the foot is:

Mild / Flexible cases

- **Often improve on their own** during the first few months of life.
- May benefit from **gentle stretching exercises** done at home.

Rigid / Severe cases

May require treatment such as:

- **Stretching and physiotherapy.**
- **Special shoes** or orthotics (e.g. Bebax®).
- **Serial casting** (casts changed weekly).
- **Surgery** (only in rare, persistent cases).

Will My Child Walk Normally?

Yes. Most children with metatarsus adductus **walk, run, and play without problems**, especially if treatment is needed and started early. Even without treatment, mild and flexible cases often resolve on their own and do not affect long-term development.