**Kids Foot Health Screening**

**1800 FOOTDR - www.myfootdr.com.au**

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**Name:**

________________________________________

**Age:**

_____

**Podiatrist:**

________________________________________

**Date:** ___ / ___ / ______

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**What is your foot type?**

- Flat Foot
- Normal Arch
- High Arch

**What is your knee position?**

- Valgus (knock-kneed)
- Normal
- Varus (bow-legged)

**What is your leg alignment?**

- Toe-in
- Normal
- Toe-out

**Any issues noted?**

**How healthy are your toenails?**

- Cut too short
- Nails picked / damaged
- Ingrown toenails
- Fungal nails (onychomycosis)
- All healthy

**How do your shoes fit?**

- Length:
  - Correct
  - Incorrect
- Width:
  - Correct
  - Incorrect
- Style:
  - Correct
  - Incorrect
- Wear Pattern:
  - Normal
  - Abnormal

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**Commons kids conditions**

- Arch pain
- Heel pain (Sever’s disease)
- Skin problems
- Knee, hip or back pain
- Growing pains
- Flat feet (pronation)
- Ingrown toenails
- Hypermobile joints
- Metatarsus adductus

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**Notes:**

- ☐ Further investigation required. Please contact your local my FootDr Podiatrist on 1800 366 837.
- ☐ Your child’s feet appear normal at this stage. Further assessment and review advised in 12 months.

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**Shoe Size:**

__________  **Podiatrist Signature:**

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* DISCLAIMER: This does not constitute medical advice. Please contact your local my FootDr podiatrist to book an appointment for an initial consultation or visit www.myfootdr.com.au to book online. © 2017 my FootDr podiatry centres. All Rights Reserved.*