

CHILDREN'S FOOT SCREENING WEEK

Paddington Physiotherapy and Podiatry is having a foot screening week from the **23rd to the 30th of August**. During this week all children from 0 to 16 years who see our podiatrist will receive a free gift pack. There will also be some colouring in competitions and they will have the chance to win a prize for guessing how many jelly beans in the jar!

If you have never taken your child to see a podiatrist then children's foot screening week is a great opportunity to get your child's feet and general posture looked at. Good foot and lower limb health is really important for children's growth and development.

Seeing a podiatrist from a young age can help to prevent foot and lower limb problems later in life with footwear advice, stretching and strengthening exercises. A podiatrist can also identify when further intervention is needed for example orthotics.



Why should you come and see a podiatrist?

Maybe you have noticed one or more of the following:

- Your child walks with their feet turned in or out
- Your child walks on their toes
- Your child gets sore feet or legs
- Your child has flat feet
- Your child often wakes during the night with cramping
- Your child fatigues easily

Please contact one of our reception staff to make an appointment

for your child, we look forward to seeing you!