

How the Child's Foot Grows

Podiatrists often recommend custom-made Foot Supports and quality footwear for children if they feel the child's abnormal foot motion needs to be controlled, especially if they have foot or lower limb pain.

Parents are often concerned how long Foot Supports and quality footwear will last because their child's foot is growing so fast, which is understandable, however a research study found the following information.



- Between the ages of 6 – 12, boys and girls feet grow at their fastest rate
- From 12 – 17 it slows quite considerably
- On average the length of the foot will grow approximately 1cm per year from age 6 – 12
- From age 12 – 17 a boy's foot will only grow an additional 10% and girls only about 2%.

You have to remember that these are averages and some children's feet will grow slightly more per year, but then again others will grow less, however if the parents look at their own feet, this can be a good guideline for the child's future eventual foot size.

Taking the above into account, it is safe to say that the average child between 6 – 12 years of age would not need to replace their Foot Supports for approximately 2 – 3 years. A child between 12 and 17 may not need to replace their Foot Supports for 3 + years.

The majority of control in a Foot Support is from the heel to the ball of the foot, whereas the total growth of a child's foot is from the heel to the tip of the longest toe, therefore this is why a child may grow out of a pair of shoes in 12 months, but the same Foot Support can be moved into another pair of shoes and used for another year quite easily.

So, in summary, don't be too concerned about having to replace Foot Supports every year, as this just won't occur and is not necessary.