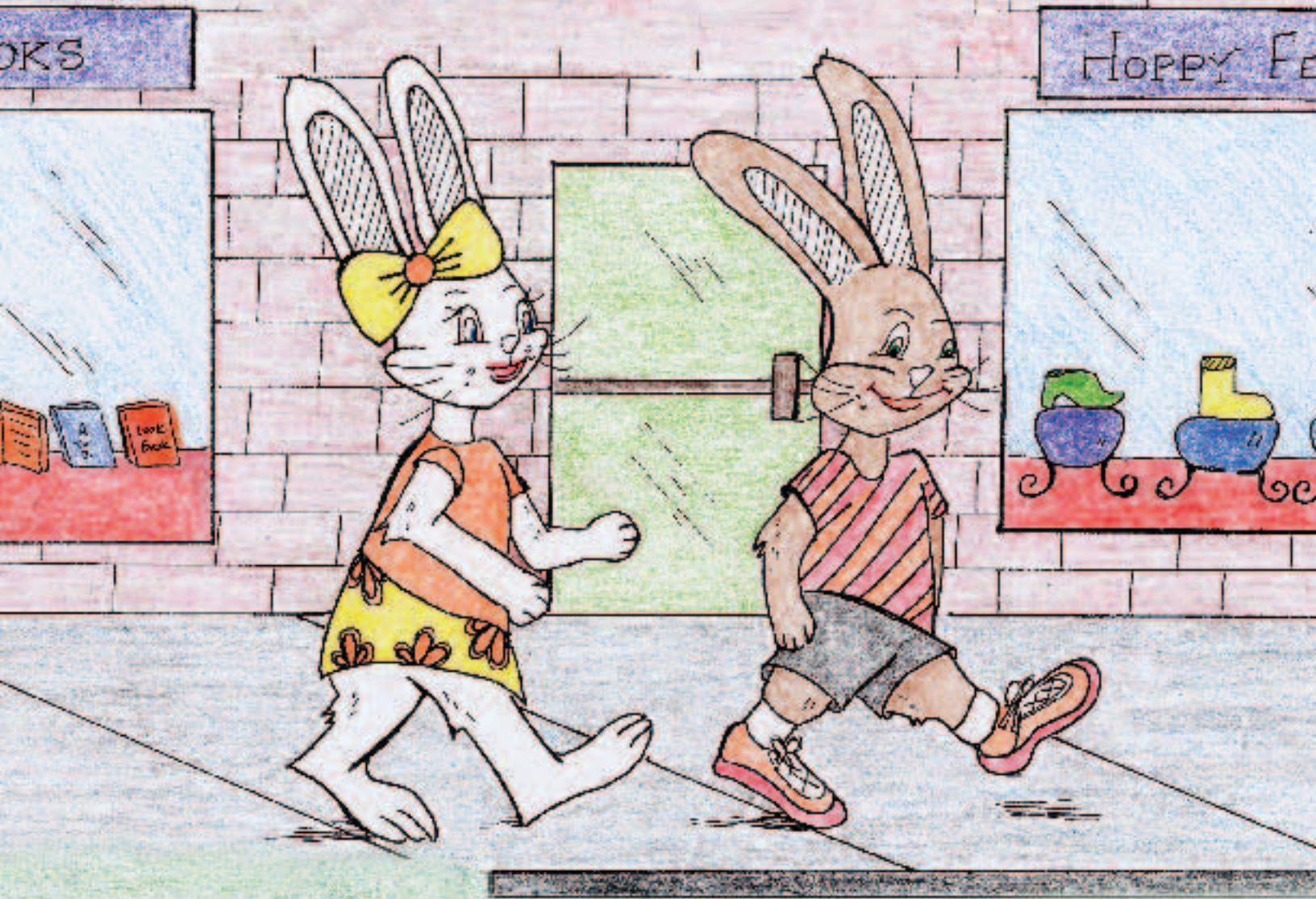


# GROWING PAINLESS



A COLORING BOOK FOR YOU  
And a summary of childhood foot and  
ankle problems for your parents!

PRODUCED AND PROVIDED BY  
Jackson Foot and Ankle Clinic  
Rem Jackson, DPM

*Kim Dayd*  
Illustrator



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# Growing Painless with Jackson Foot and Ankle Clinic

A coloring book with parent commentary on pediatric foot problems

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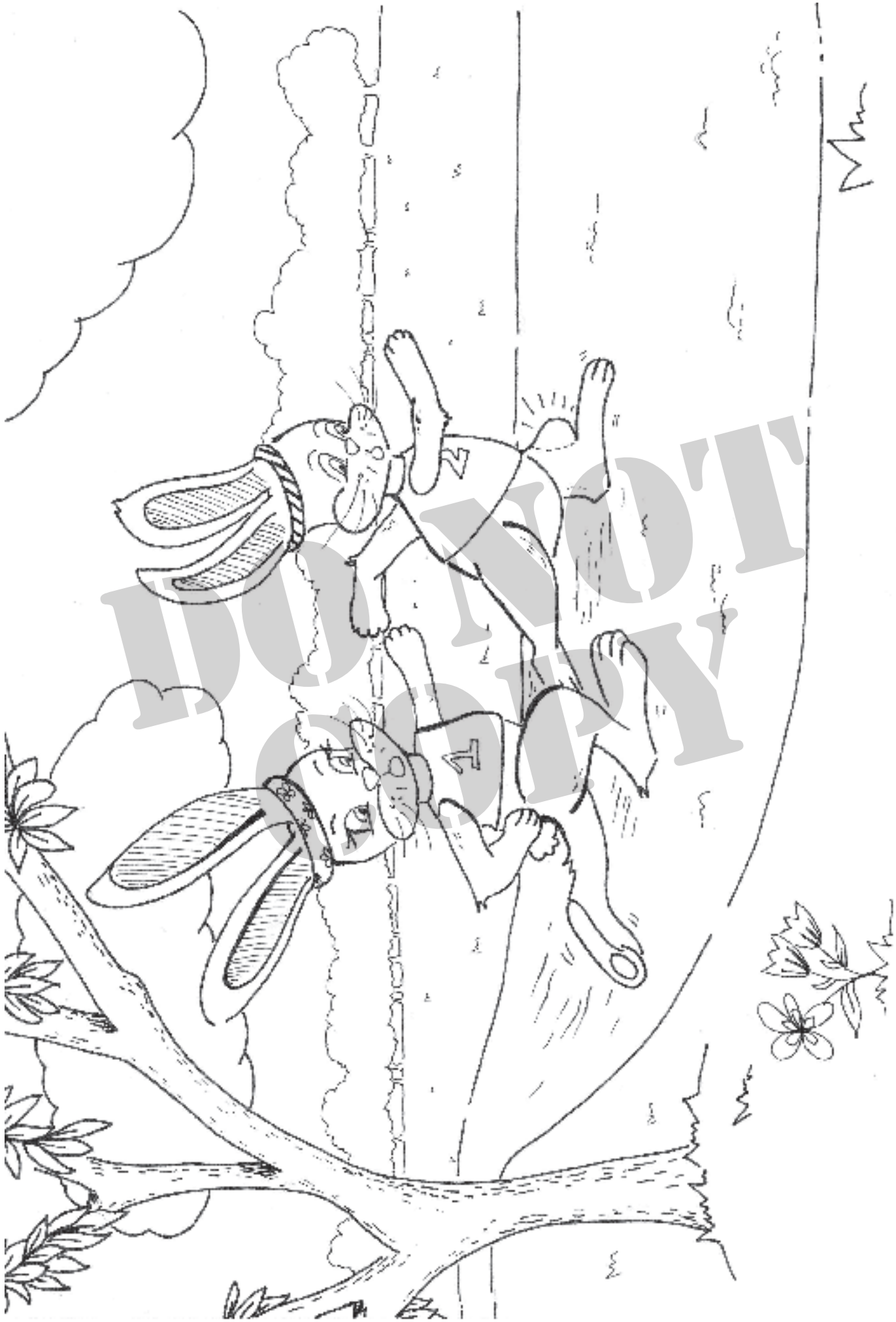
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# Shin Splints

It seems that children are more active than they used to be and are often part of multiple teams, playing a variety of sports. Many times they will complain that their shins or legs are hurting after activity. This complaint usually comes from children who have just started to become active or recently increased their activity level. Shin splints cause pain in the lower leg usually due to overuse of the muscles, or chronic repetitive stress, and can also be the result of bad feet, muscle imbalance, bad shoes or improper training.

Early treatments includes ice, rest, an anti-inflammatory like Advil, stretching exercises, over the counter arch supports, custom orthotics, and physical therapy. Make sure shoes are the correct type for your child's foot structure and that they do not need to be replaced. Shoes that allow too much flexibility of the foot are more likely to cause shin splints. This can be fixed by placing an orthotic inside your child's shoe to help control the motion in their feet.

Shin splints are very common in children and are an over use injury. Make sure your children are listening to their bodies and taking time off of sports to keep them pain free.



Shin pain, you might need new shoes. You may be running too much.  
**TELL YOUR PARENTS.**

Min  
Katie Claypool

# Ingrown Toenails

An ingrown toenail happens when a toenail curves into the skin causing redness, irritation, and pain. Most kids will not complain until it is swollen and possibly draining fluid. This can develop due to hereditary reasons, but also abnormal pressure on the side of the nail from shoes, trauma, and improper cutting.

Treatment can be as easy as trimming the toenail with sterile instruments and encouraging the skin away from it as it grows. However, a surgical treatment may be needed if kids wait until the nail is significantly infected. This consists of decompression of the nail edge and is followed by a permanent nail destruction removing the nail root. The part of the nail that is removed is small and your child will still have a normal nail appearance. This type of treatment will help prevent the reoccurrence of the ingrown nail. Even in the worst cases, most kids are back to activity in a few hours or days.

Ingrown toenails are preventable; cut nails straight across and not too short, do not pick at nails or tear at the corners and fit your child in shoes that have plenty of room in the toe box.



Ann Lloyd

Stop picking at your toenail, it could be infected. You need to see a podiatrist.  
**TELL YOUR PARENTS.**



# Broken Bones

Broken Bones, also known as fractures, most commonly occur after some type of trauma. Children often get ankle fractures after falling down, growth plate fractures from over use or twisting their foot the wrong way and little toes get stepped on, hit or stubbed when not wearing shoes or playing.

During your child's growing years, the bones in their feet are not completely fused until the ages of 13-15. Until this time, the growth plates can become inflamed and fractured as a result of trauma, sports, over use and even the wrong type of shoe. This injury can be very painful and it is important to seek immediate attention to make sure that the growth of the bone has not been disturbed.

A broken bone in the foot or the ankle is normally very painful, but not always. Even though you can walk on it, it could still be broken. Most of the time the area will become swollen and bruised and your child will be hesitant to apply weight to it and limp due to the pain.

Treatment of broken bones starts by removing weight to the area with a post op shoe, hard cast or walking boot. Some broken bones require surgery to avoid long term problems like arthritis and assure proper healing. Rest, ice and elevation for the next couple of days following the fracture are critical. Most types of children's fractures will heal within 4-6 weeks of conservative treatment.



Kim Claydon  
Illustration

Fall down and go boom? Apply ice, TELL YOUR PARENTS.

For information on how to order customized coloring books for your practice please contact Dave Ryan at 717-725-2679 or email [Dave@TopPractices.com](mailto:Dave@TopPractices.com).