

# Cranial stenosis and unilateral in-toeing in a 6-year-old male: A case report

Lisa M Stowell

**Narrative:** A 5-year-old male child presented for chiropractic care at an interdisciplinary clinic. He presented with unresponsive unilateral in-toeing and associated self-injurious behavior due to gait disturbances.

After 2-months of regular chiropractic treatments ~ between once and twice-a-week the patient demonstrated diminished or virtually eliminated self-injuries (e.g., falling down and hitting his head purposefully several times daily).

Conservative, effective treatment for a subset of children presenting with in-toeing and/or self injury ~ particularly when watching and waiting is not preferred and the child's gait, repetitive falls and other abnormal or injurious behaviour and self-esteem are being adversely affected by these conditions.

**Indexing terms:** Chiropractic; sacro-occipital technique; SOT; in-toeing.

## Objective

**P**igeon-toe/in-toeing is a relatively common condition in childhood causing the toes to point inward or feet to excessively internally rotate when standing or walking. This condition usually resolves as the child ages.

## Clinical Features

A 5-year-old male child presenting for chiropractic care with unresponsive unilateral in-toeing and associated self-injurious behaviour due to gait disturbances at an interdisciplinary clinic.

## Intervention and Outcome

Treatment consisted of 'low force techniques', sacro-occipital technique, and cranial techniques to address spinal, lower extremity, and postural imbalances, as well as abnormal cranial bone imbalance, possibly contributing to the patient's in-toeing and difficulty walking.

After 2-months of regular chiropractic treatments of between once and twice-a-week the patient has diminished or virtually eliminated self-injuries (e.g., falling down). His gait is mostly normal but due to a developmental anatomical left foot caused by in-toeing he is being treated also with short/moderate-term orthotics to enhance his recovery.

... "watching and waiting" is not an appropriate strategy when a child's self-esteem can be improved through gentle, low-force Chiropractic care ...'



## Conclusion

This case may demonstrate a conservative, effective treatment for a subset of children presenting with in-toeing and/or self injury particularly when watching and waiting is not preferred and the child's gait, repetitive falls, other abnormal or injurious behaviour and self-esteem are being adversely affected by these conditions.

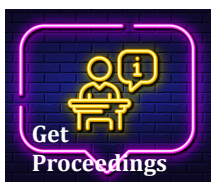
Lisa M Stowell

DC

Private practice of Chiropractic

Austin, Texas

[synergizedhealthhb@gmail.com](mailto:synergizedhealthhb@gmail.com)



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**Lisa M Stowell, DC** focuses on the safest and most natural approach to chiropractic care utilising cutting edge techniques such as SOT (sacro-occipital technique). She incorporates 'Food First' as part of her approach to customise personal dietary needs as well. Besides head, neck and low back pain, Dr Stowell addresses conditions such as diabetes, fibromyalgia and even depression and fatigue. Dr Stowell has been published in an international, peer-reviewed chiropractic journal as well as accepted for presentation at 2024 ACC-RAC Conferences.