

## Parent version 3QQ

THE 3QQ REFERENCE CHART FOR PARENTS

3QQ 3 Quick Questions	Intoe	Knock-knees	Flatfeet
1. Does it hurt?	Yes = problem	Yes = problem	Yes = problem
2. Is it asymmetrical?	Yes = investigate further	Yes = investigate further	Yes = investigate further
3. Probably ok if age is: (developmental age range)	< 6 years	> 2 years	< 10 years

Note: Indications for further investigation, medical consultation include:

- Intoeing gait: trip and fall > 5 times/day, everyday
- Knock knees: > 10 cm between ankle malleoli
- Bow legs: > 2 years \*
- Flatfeet: rigid, arch does not change shape from standing to sitting

[The parent version of the 3QQ, is adapted from: *Mitigating clinician and community concerns about children flatfeet, intoeing gait, knock knees or bow legs.* *J Paediatr Child Health* 2017;**53**:1050-3. doi:10.1111/jpc.13761]

Podiatrists have access to age expected data for children's foot posture, and this can be provided as part of a consultation, so that you know that your child's feet are regular or less regular for their age [See: <https://angelaevanspodiatrists.com.au/evidence-essentials-blog-7-may-2019/> ].

Here is the link to the 3QQ publication: <https://onlinelibrary.wiley.com/doi/epdf/10.1111/jpc.13761>

Here is the link to the 'how to use the 3QQ' blog: <https://angelaevanspodiatrists.com.au/using-the-new-paediatric-foot-posture-ready-reckoner/>