



Your child's orthopaedic appointment

Children aged 3 and over, seen at The Alexandra Hospital, Cheadle

This leaflet explains what happens at your child's appointment, how to prepare, and when to seek urgent medical help. Many lower-limb concerns in children, such as bow legs, knock knees, intoeing and flat feet, are normal variations that improve with growth.

Before the appointment

- ☐ A parent or guardian with parental responsibility should attend with the child.
- ☐ Bring any GP or referral letter, a list of your child's medicines and allergies, and any previous X-ray or scan reports.
- ☐ Bring the shoes your child usually wears.
- ☐ Dress your child in shorts, or bring some, so their legs can be examined easily.
- ☐ Note your main concerns, when you first noticed them and whether they are changing.

At the appointment

- Mr Umar will ask about your child's symptoms, development, general health and any family history.
- He will examine your child, including watching them walk and sometimes run.
- An X-ray or other test is only arranged if it is needed.
- You will be given a clear explanation of the findings and a plan, which may simply be reassurance and a review as your child grows.
- A chaperone is available, and you are welcome to ask questions at any point.

Afterwards

- You will receive a letter summarising the consultation and plan, with a copy to your GP.
- If a follow-up is needed, the secretary will help you arrange it.

Sources. This guide is based on Mr Umar's practice and is guided by NICE and British Orthopaedic Association (BOA) guidance: British Orthopaedic Association (BOA) - guidance and patient information.

When to seek urgent medical help

Call 999 or go to A&E if your child is very unwell, drowsy or floppy.

Get urgent medical advice the same day (NHS 111, GP or A&E) if your child has:

- A limp or leg pain with a fever, or feels unwell
- Cannot put weight on the leg
- A hot, red or swollen joint
- Pain that is rapidly getting worse, or pain that repeatedly wakes them at night



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Questions?

The Alexandra Hospital, Cheadle (children's appointments) Danielle Heron **07528 523911**

Email: admin@hipkneesurgeon.uk · umar-ortho.uk

This is general guidance. Always follow the specific advice from your own clinical team, as your care may differ.

Mr Muhammad Umar FRCS (T&O), Consultant Trauma & Orthopaedic Surgeon · GMC 6044607 · Version 1.0 · Last reviewed October 2026 · Next review October 2027