

AFP's Article of the Year: Lower Extremity Abnormalities in Children

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and femoral anteversion); out-toeing (external tibial torsion, femoral retroversion, and pes planus); and angular variations (genu varum and genu valgum).

History and physical examination are key to distinguishing normal variations from pathologic deformities. The article includes considerations for a range of

historical factors, and it uses illustrations, photos, and videos to demonstrate assessment of physical aspects such as foot progression angle, thigh-foot angle, and hip rotation.

Physicians can use the clear assessment criteria and prognostic insights to reassure parents with concerns about normal variations in their children.

The award will be presented this month at the Congress of Delegates Award Luncheon at the AAFP FMX 2026 conference in Nashville, Tennessee.

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Each year, the *American Family Physician* (AFP) editing team selects the *AFP* Article of the Year to honor authors for their excellent scholarly contributions to family medicine. The winning article is selected based on the most online views and highest ratings from *AFP* editors.

The 2025 Article of the Year award goes to Drs. Drew Baird, Caleb Dickison, and Hayley Spires for “Lower Extremity Abnormalities in Children,” which was published in the February 2025 issue and is available online at <https://www.aafp.org/afp/2025/0200/lower-extremity-abnormalities-children>.

Lower extremity abnormalities are commonly seen in primary care, and many children are unnecessarily referred to pediatric orthopedists. This article helps readers evaluate variations and determine when referral is appropriate. Common variations include intoeing (metatarsus adductus, internal tibial torsion,