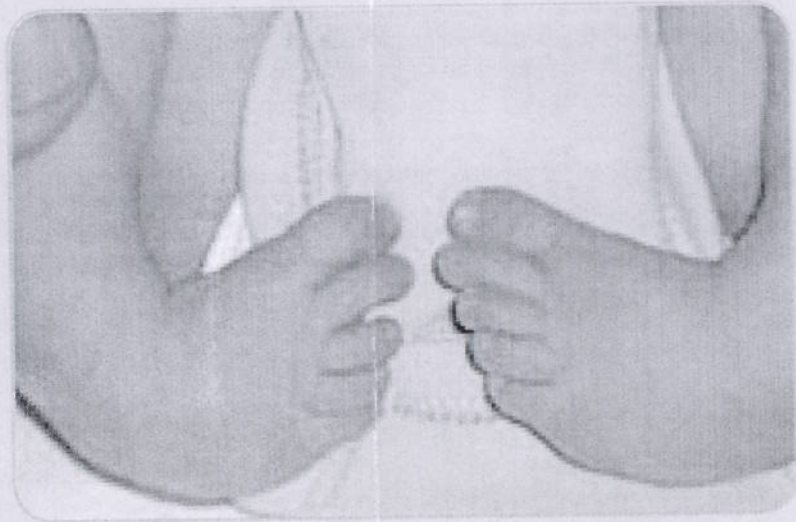




South Eastern Health
and Social Care Trust

Positional Talipes (Equinovarus)



Parent advice and information leaflet

Paediatric Physiotherapy Department

What is positional talipes?

This is the term used to describe the way your baby's foot/feet have been 'positioned' in the womb.

What happens if my baby has positional talipes?

The doctor will refer your baby to be seen by the physiotherapist.

What will the physiotherapist do?

The physiotherapist will:

- Assess your baby's foot/feet
- Show you gentle stretches to be carried out at home
- Give you advice.

Passive stretches

- 1 Hold baby's knee slightly bent. Grip firmly under the heel and stretch the foot into an outward and upward direction. Hold for 10 seconds, release and repeat twice.

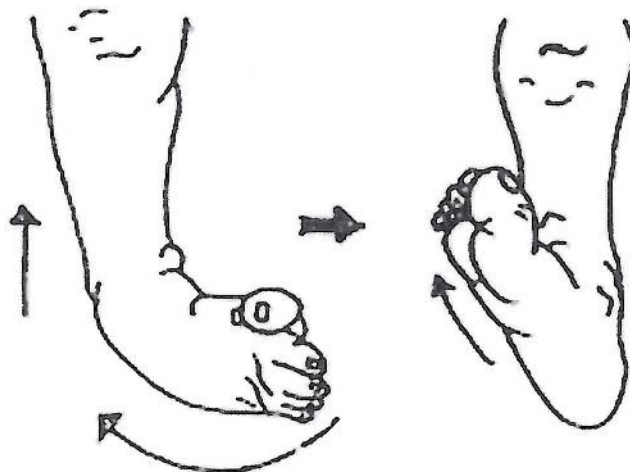


Diagram 1

- 2 With the same grip as number 1 realign baby's foot in mid position and do a straight downward stretch. Hold for 10 seconds release and repeat.

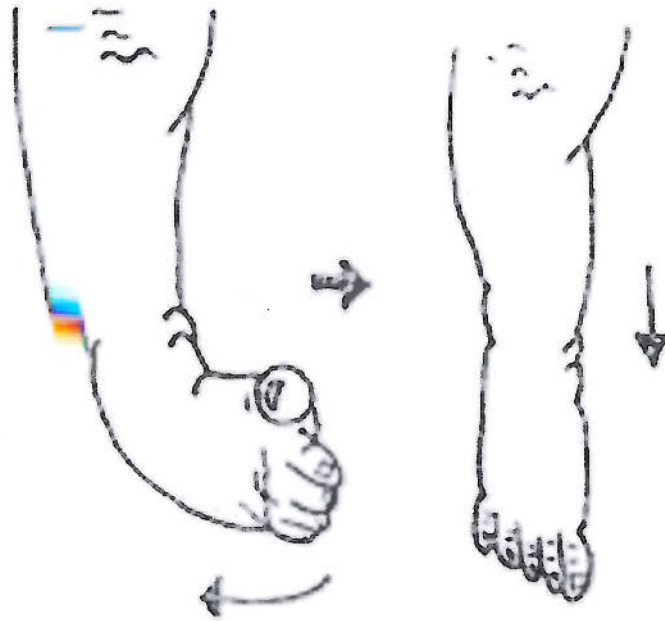


Diagram 2

Do not force movements
Do not overstretch.

Stroking

To stimulate baby to actively turn the foot out, stroke the outside border of the foot firmly with the tip of the finger in the direction of the heel and over the lower leg in an upward direction.

Advice

Clothing

Make sure the baby-gro fits and is not too tight pulling on baby's feet.

Footwear

- Allow infant to kick freely with feet exposed every day
- When the time comes, have your baby's feet measured correctly to ensure good fitting shoes.

Babywalkers

NOT RECOMMENDED - They encourage babies to walk on their toes.

Massage

Sometimes baby's skin can be dry, just gently rub in appropriate cream/lotion to moisten the skin of the feet.

How long does it take to correct?

The majority of babies' feet correct by 3 months.

Stretches

Carry out each stretch 3 times at each nappy change (during the day).

If you have any concerns it is advisable to contact your GP or health visitor

For further information contact:
Children's Physiotherapy Department

Tel: (028) 4483 8215

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