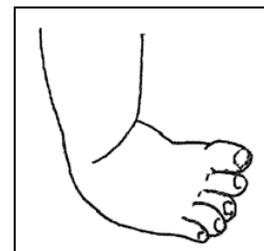


Positional Talipes - Sheet A

Positional Talipes Equino-varus

What is Positional Talipes?

Positional Talipes is a common foot condition in newborn babies which normally develops during the last few weeks of pregnancy. This is because the baby does not have enough room to move and stretch its feet while in the womb.



When the baby is born one or both of its feet may be pointing downwards and turning inwards. This is not a fixed position as both feet remain flexible and can be moved through a full and normal range of movement.

This is a temporary condition and will self correct when the baby is born and has room to move and stretch its feet. It can take up to 12 weeks to fully resolve.

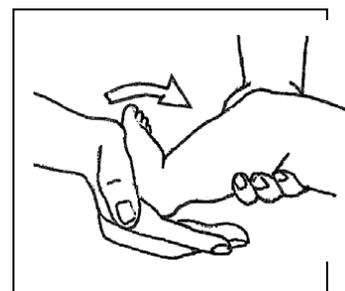
How to help

Give your baby some time out of their baby-gro to allow them to kick and move their legs freely. Bath time is a good time for stretching. Make sure baby's clothes are not too tight around their feet so they have room to move.

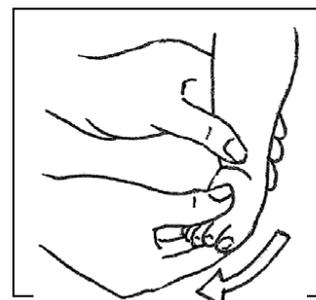
Stretches

Positional Talipes will resolve without any treatment however the following exercises will help speed up the recovery. These stretches are best done when the legs are uncovered such as at nappy changing time.

1 Hold your baby's knee in one hand keeping it slightly bent. Gently grasp the heel of the foot in your other hand and stretch upwards, careful to apply the stretch to the ankle so as not to bend just the front of the foot. The pressure used must be firm but gentle and should never be painful.

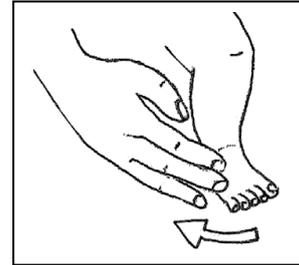


2 Hold the end of the foot in one hand and gently move it outwards to be in line with the heel.



Children's Physiotherapy Patient Information

3 Gently stroke the outside of the foot and leg starting from the toes in an upward direction towards the knee. This will help to stimulate the muscle to pull the foot upwards and outwards.



Your baby will also receive an appointment for a routine hip ultrasound. This is because there is an increased risk of the hips not developing normally in babies who present with positional talipes. If you require further information visit www.steps-charity.org.uk

Your baby's feet should correct within 6- 12 weeks. If you have concerns please speak to your Midwife or Health Visitor who can refer your baby to the Children's Physiotherapy department for further assessment and advice

Contact Details

Children's Physiotherapy 01202448251

For further health-related information, please contact:

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We can supply this information in larger print, on audiotape, or have it translated for you. A member of staff will be happy to discuss this with you. Please call PALS on 01202 448499 or the Health Information Centre on 01202 448003 for further advice