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## Positional Talipes - Sheet B

### Positional Calcaneo-Valgus

#### 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 upwards and turning outwards. This is not a fixed position as both feet 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.

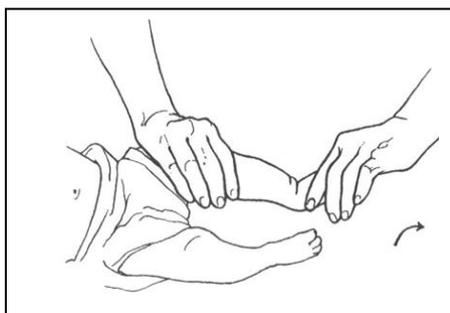
#### How to help

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.

Hold your baby's knee in one hand keeping it slightly bent. Gently grasp the ball of the foot between your first finger and thumb of your other hand. Gently stretch the foot downwards careful to apply the stretch to the front of 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. You can hold the stretch for up to 30 seconds.



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## Foot Massage

The skin across the front of the ankle is often dry and tight. Massaging your baby's feet with baby oil or pure olive oil prior to stretching can also help.

**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](http://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 01202 448251

For further health-related information, please contact:

**The Health Information & Resource Centre**

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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**

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