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Positional Talipes

Physiotherapy



Patient Information

Positional Talipes

What is positional talipes?

Positional talipes (equino-varus) is a common condition which affects newborn babies. The baby's foot will most commonly present in a pointed down and inward position. The foot, however, remains flexible and can be passively moved into a neutral position. The baby's foot may also present in a pointed up and outward position, which is known as a calcaneo-valgus presentation.

What is the cause?

Positional talipes is thought to be caused by the cramped position in the mother's uterus, which means that certain muscles get a little tight. It is more common in larger babies and in twins, as the space in the uterus is further reduced.

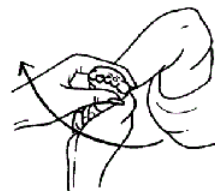
What is the treatment?

Gentle stretches/exercises usually helps resolve positional talipes in the first few weeks (these are listed below). We recommend that you do the exercises little and often during the day (each nappy time is often a good time to do the stretches).

If your baby's foot position does not resolve within the first few weeks then please discuss with your GP or Health Visitor for a referral to the Paediatric Physiotherapy team for a fuller assessment.

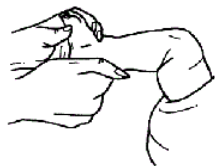
Exercises (equino-varus):

Gently stretch your baby's foot outwards and upwards towards their shin.



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Hold the heel still and gently push the base of the big toe to the outer side (stretching the inside border of the foot).



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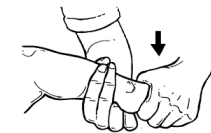
To encourage active movement and help to move the foot into a neutral position, gently tickle/stroke the outside of your baby's feet and lower leg.



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Exercises (calcaneo-valgus):

Gently support your baby's leg with one hand and use your other hand to stretch their foot downwards.



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Gently massage the front of the baby's ankle.

If you have continued concerns, please request a referral to Paediatric Physiotherapy from either your GP or Health Visitor.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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