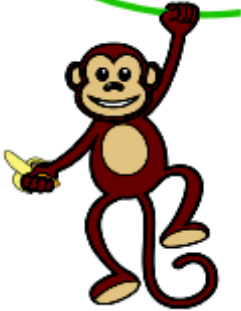


Orthopaedic Department

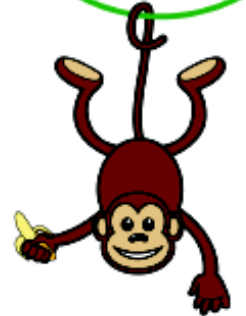
Congenital Talipes Equinovarus (Clubfoot)



Clubfoot

Clubfoot affects 1 in every 1000 births. We still don't know exactly what causes clubfoot. In most cases it can be quickly and simply corrected, forming strong flexible, normal looking feet with no further problems.

Many treatments have been tried over the years to correct clubfeet, but the Ponseti method is becoming the method of choice. It is the first choice treatment used here at the Huddersfield and Calderdale NHS Trust.



Ponseti method of correcting clubfeet

The Ponseti method of correcting clubfeet takes advantage of a baby's supple joints; it is for this reason treatment is started as soon as possible. Because the muscles and ligaments in a baby's foot are soft the foot can be slowly stretched by gentle manipulations into a normal position. In 90% of the cases, clubfoot can be corrected in 6 to 8 weeks by weekly manipulations followed by plaster cast applications.

Weekly manipulations and plaster casting

During each treatment session, using light pressure your child's foot is gently stretched and manipulated into a normal position. Stretching your child's feet is not painful but infants are invariably upset at first. A plaster cast is applied after each weekly stretch session, moulded to retain the degree of correction obtained.



The plaster cast will extend above the knee to prevent it being kicked off.

Over the 6 to 8 weeks of treatment the foot is gradually manipulated into a normal foot position.

Percutaneous Tenotomy

What is a tenotomy and do they perform a tenotomy in most cases?

The answer is likely to be 'yes'. This procedure is done in the Orthopaedic clinic under local anaesthetic, as opposed to the operating theatre.

It takes about 10 minutes. First the consultant anaesthetises the area with a small injection of local anaesthetic just above the heel to numb the area, and then makes a tiny cut with a scalpel, and the Achilles tendon is cut. A small dressing is then applied to maintain the position. The cast usually stays on for 3 weeks.

There may be a slight blood stain about the heel where the wound is, after the procedure. If you are worried please contact the department for advice.

Your baby may experience a little discomfort, this is normal. If your child is over 3 months junior Calpol may be given. If under 3 months please see your GP.

Looking after the plaster casts

- Keep the plaster clean and dry.
- Do not trim the plaster cast.
- Check skin along the cast edges daily for signs of irritation.
- Exercise the toes to prevent stiffness.

Come back to clinic if any of the following happens:-

- The toes look cold or blue.
- You suspect your child is in pain due to the cast.
- Your child's toes are disappearing inside the cast.
- The cast becomes loose, cracked or soft.
- Your child is kicking the cast off.
- You think the boots and bar look small or are damaged.
- You are at any time concerned about your child's feet.

Boots and bar

This is the final stage of the Ponseti treatment and is crucial for success. The plaster casts have brought your child's feet into the correct position, the boots and bar will now hold them there. Without the boots and bar, the feet will often go back to how they were.

Fitting the boots and bar

A member of the team will do the first boot-bar fitting setting the correct angle for the boots. You will then be shown how to fit them yourself so you can remove and refit them at home.

When fitting the boots, the affected foot is fitted first, if both feet are affected, fit the least flexible foot first. It is important the heel of the foot is placed at the very back of the boot and held in by the tongue and heel-retaining strap. Once the heel is in place the laces can be fastened. The boots can be worn with or without socks. If your baby manages to get out of his/her boots, contact the Orthotics Department on 01484 342402 for advice as soon as possible. We have learned several ways of stopping this!



How long will my child wear the boots and bar?

For the first 3 months the boots and bar will be worn continuously, (at least 23 hours a day) removed only for bathing and dressing. Thereafter until the child is 3 years old, the boots and bar need only be worn at night and during long daytime naps. It is important well fitting shoes are worn at all other times to keep the feet in a good position.

Will my child be comfortable in the boots?

Infants do not like having their feet braced and will be upset for the first night or two. This is normal; they are not in pain, just frustrated to have both feet joined together. You can help teach your child to bend both knees at the same time by holding the bar whilst playing with them. Your child will soon learn to move both feet together.

If you notice your child is crying more than usual check the boots are fitting correctly and they are not rubbing to cause blisters.

Does my child need any other special equipment?

No. Prams, car seats, or highchairs can all be used providing the strap between the legs is detachable and can be threaded between the bar and legs. Trousers need to have poppers or buttons between the legs. If you have any other queries please don't hesitate to contact us.

Follow up

You will be seen weekly during the initial stages of the treatment for changes to the plaster casts. Once the boots are fitted, you will be seen within the first week to check the fitting. Follow up will then be at 3 months for the first year, then every 9-12 months until your child begins school.

Remember to telephone first

The Plaster Room is open -

Monday to Friday 9.00am to 4.30pm
Huddersfield Royal Infirmary
Telephone No: (01484) 342562

If you have any comments about this leaflet or the service you have received you can contact :

Plaster Room Staff
Huddersfield Royal Infirmary
Telephone (01484) 342562

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسری اور فارمیٹ کی زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"