

## Children's Therapy Services

# Positional Talipes



### What is Positional Talipes?

Positional talipes is a fairly common condition that affects new born babies. The baby's foot will commonly point inwards and downwards when they are born. About 16 in every 1000 babies that are born will have positional talipes.

The baby may have muscle tightness around the foot and the muscles that move the foot out may need encouragement to be more active.



### What are the causes?

It is commonly caused when the baby is cramped in the uterus for the last few weeks of pregnancy and is more likely with larger babies. The lack of space to move can sometimes cause the muscles in the foot to become a little tight in the position the foot is held in.

### Treatment

It is extremely important to begin exercises as soon as possible after birth.

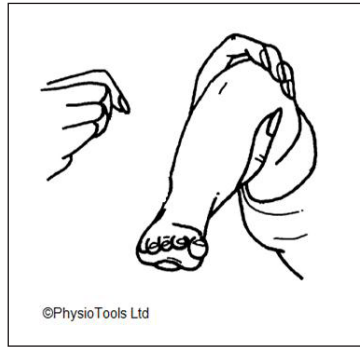
This leaflet shows you exercises to do at home; this includes regular stretching of the foot, and stimulation of the inactive muscles. We recommend stretches are carried out 4-5 times a day or at every nappy change.

Carry out the stretches when your baby is relaxed, they should not cause pain and should not be forced.

It is useful to let your baby have time to freely kick their legs, such as in the bath and not to wear tight baby grows or restrictive socks or shoes in the early days.

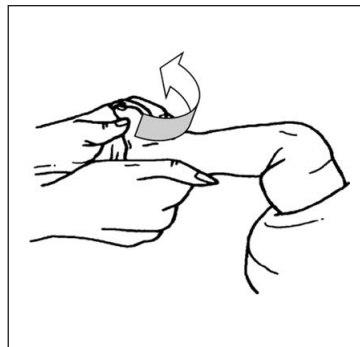
No further treatment is usually necessary and it will usually fully correct, causing no problems when your child starts walking.

## Stimulating the muscles of the foot:



Tickle the outside of the baby's foot in an upward motion to encourage activity of the foot.

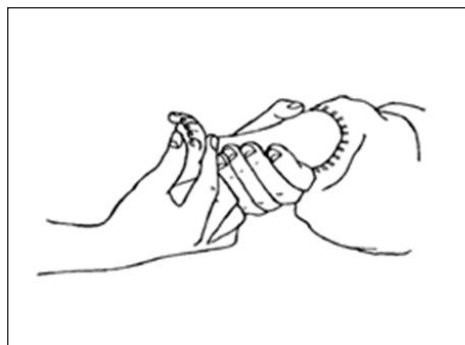
## Position of Hands



1. Cup the baby's heel in one hand (or between finger and thumb).
2. Take hold of the top and bottom of the foot (Ball of foot) between finger and thumb of the other hand.
3. Firmly stretch the foot outwards towards a neutral foot position.

## Stretching the back of the foot:

1. Hold the calf with one hand.
2. Cup the heel with the other hand (or finger and thumb).
3. Gently stretch the foot upwards supporting the whole of the foot.



## Follow up:

Follow up is not normally required, the Doctor or midwife will refer to physiotherapy if they feel it is needed. However, should you be concerned by the time the baby is 3 months old please see your G.P and ask to be referred to the children's physiotherapy team.

Should your baby require a follow up our teams are based at Broad Street Plaza in Halifax on 01422 261340

### Reference

*Physiotherapy management of positional talipes equinovarus 2009 (Chartered Society of Physiotherapy)*

**This is only for children resident in Calderdale or Huddersfield.**

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

NHS at Broad Street Plaza  
Northgate  
Halifax HX1 1UB  
Telephone No: 01422 261340

Children's Therapy Services  
Princess Royal Health Centre, Greenhead Road  
Huddersfield HD1 4EW  
Telephone No: 01484 344299

**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

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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المذكور أعلاه"