

Management of Clubfoot

What is clubfoot?

Clubfoot is a common foot condition in newborns. In clubfoot, the bones, joints, ligaments and muscles of the foot are different. The foot turns inward and downwards. It can affect one or both feet.

Treatment

Treatment is by the 'Ponseti Method,' which uses a series of plaster casts to manipulate the affected foot into a correct position.



The casts are changed weekly for around 6 weeks. During this time, it is essential that parents monitor the cast to ensure it does not slip, gets dirty or affects circulation.

Casting is usually followed by a surgical procedure called a tenotomy to lengthen the tight calf tendon at the back of the foot. A cast is then applied for a further 3 weeks to allow the calf tendon to heal.

This treatment is highly effective and should start shortly after birth.

After surgery

After surgery your child will be fitted with a brace and you will be given a series of stretching exercises to help your child's foot remain in the correct position.

The brace should be worn for 23 hours a day at first and then weaned to overnight wear as the child gets older. It is important that the brace-wearing routine is closely followed to ensure your child's feet remain in the correct position and should persist for up to 4-5 years for best results.



For more information

For more information visit the below websites or contact the Physiotherapy Department on 4433 2150.

www.ponseti.info/
<https://globalclubfoot.com/>