

Positional Talipes - Sheet A

What is Positional Talipes?

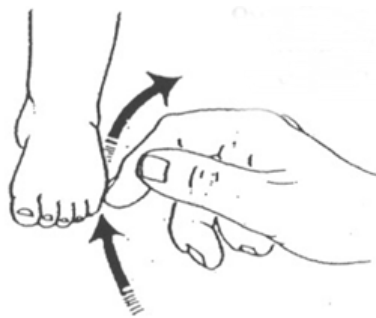
This is a foot condition which is usually caused by the baby not having room to stretch its feet in the last weeks of pregnancy. It is normally a temporary condition and corrects itself once the baby has been born and has room to move. This correction can take up to 6 weeks. Doing exercises on your baby's feet every time you change the nappy can help. Your physiotherapist will show you how to do these exercises.

1. Foot stretch



Place the baby's heel in your hand and hold around the lower leg with the knee bent. Grasp the ball of the foot between the index finger and thumb of your other hand. Push the baby's foot up and across, aiming the little toe towards the shin. Hold the position for three seconds then release. The pressure used should be firm but gentle.

2. Foot stimulation



Gently stroke the outer border of your baby's foot with the back of your fingernail. This will tickle the foot and help to turn it out.

Your baby's feet should correct within 6 weeks. If they do not or you have any concerns about your baby's feet please call the physiotherapy department on 01722 425280 giving the name of your child, the date of birth and a contact phone number.

Your physiotherapist is called.....

With grateful thanks to the Physiotherapy Department at Southampton University NHS Trust who gave us permission to base this information sheet on theirs.

Physiotherapy Department
01722 425280



If you need this information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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