



A guide to...

Physiotherapy advice for Positional Talipes

Patient information

How to contact us

Physiotherapy Department
Watford General Hospital
West Hertfordshire Hospitals NHS Trust
Vicarage Road, Watford, Hertfordshire, WD18 0HB

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email westherts.pals@nhs.net.



Department	Physiotherapy Department
Review Date	August 2021 / August 2024
ID Number	45/1149/V2



What is Positional Talipes?

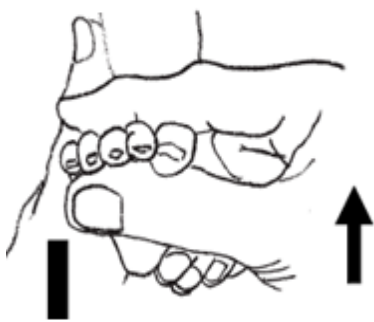
Positional talipes is quite a common foot condition in newborn babies. The foot can be turned inwards and downwards (equinovarus), or outwards and upwards (calcaneovalgus) in a resting position, but remains flexible. This means that the foot can easily be moved into a normal position.

It may affect one or both feet. It is thought to occur due to the baby's position in the mother's uterus. The foot position usually corrects by itself over a couple of months, but these exercises and ideas can help to improve the outcome.

Exercises

Gentle exercises to the foot will help it to come around into a normal position. It is important to do them three times a day – after each nappy change is a good time to remember. Hold each stretch for 10 seconds, and repeat three times.

1. **Dorsiflexion:** lifting the foot up towards the shin.
2. **Eversion:** taking the foot out to the side.



N.B: Exercises should be carried out whilst your baby is relaxed and should never be forced or painful. Continue these stretches for two months, or until the foot position has return to normal.

General advice

- Allow your baby lots of time to freely kick. In the bath or at changing time when the nappy is not restricting them can be useful.
- Massaging your baby's feet with an appropriate moisturiser or baby oil can improve their skin, especially if it is dry and cracked.
- Stroking the outside of your baby's feet can help to stimulate the muscles needed to move the foot to a neutral position
- Avoid tight baby gro's or leggings so that there is plenty of room for your baby to stretch their legs and feet.
- Avoid wearing baby shoes and tight socks.

Follow up

The foot position will usually correct back to a normal position by two to three months. If you are concerned that your child's foot position is not improving, please discuss this with your health visitor or GP.