

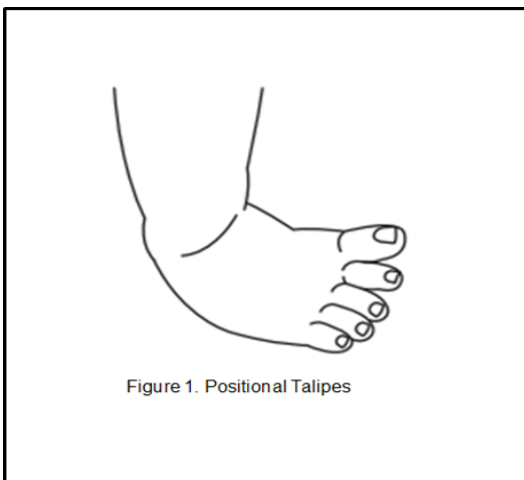


Positional talipes

Information and advice for parents and carers

What is it?

Positional talipes is a common foot condition found in newborn babies. The foot rests in a downwards and inwards position, but is flexible and can be easily corrected. It can be present in one foot or both feet.



What causes it?

It is often due to the position of the baby in the womb, most commonly when there was limited space. The muscles can become tight, keeping the feet in a tucked in position when born. It is not caused by problems with the bones in the baby's feet and it will not affect walking.

How is it diagnosed?

A midwife and/or doctor will examine your baby when they are born and assess the range of movement in the feet.

Does my child need treatment?

Positional talipes will often improve without any treatment within a couple of months. However, it will be beneficial to follow the advice below:

- Make sure baby's clothing is not too tight around their feet
- Avoid putting baby shoes on, until they are ready to start walking
- Massage baby's feet with baby oil/lotion, especially around the skin creases where it can be dry
- Perform simple exercises on your baby's foot

Are there any risks with the exercises?

There are no known risks or side effects. They should not be painful for your baby.

How to perform the exercises

- Carry the exercises out regularly and ideally with every nappy change
- Hold each stretch for ten seconds and repeat five times
- Continue with exercises until the foot position returns to normal; usually within two months



Other information

- Avoid putting your baby in a baby bouncer, 'Jumperoo' or baby walker, as this can contribute to issues with their hips and feet.
- Ensure your baby does regular 'tummy time', as this is important for their overall development
- Your baby does not need to have special footwear
- Your baby does not need a follow-up appointment, however if you have any concerns please speak to your GP at your baby's six-week check.

Paediatric Physiotherapy Team:

Child Development Centre
Birmingham Heartlands Hospital
Bordesley Green
Birmingham
B9 5SS
Tel: 0121 424 2686

Children's Physiotherapy
Good Hope Hospital
Rectory Road
Sutton Coldfield
B75 7RR
Tel: 0121 424 9617

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email: interpreting.service@uhb.nhs.uk