

Positional Talipes

Information and advice for parents and carers

Paediatric Physiotherapy

What is positional talipes?

Positional talipes is where a baby's foot turns inwards and downwards.



What causes positional talipes?

Positional talipes is a common condition caused by some tightness in the muscles around the ankle and the position the baby was in whilst in the womb. It is not caused by problems with the bones in their foot and will not cause any problems with walking.

How is positional talipes diagnosed?

Positional talipes is diagnosed by examining the baby's feet.

How is positional talipes treated?

Positional talipes will usually improve without any treatment within a couple of months, however you are also advised to do the following:

- Perform some simple exercises on your baby's foot.
- Make sure your baby's clothes are not too tight around their feet.
- Massage their foot and ankle with olive oil, baby oil or baby lotion, especially around the skin creases.

What are the benefits of the exercises?

The exercises can improve your baby's positional talipes more quickly.

Are there any risks to the exercises?

There are no known risks or side effects to these exercises, and they are not painful for your baby.

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Are there any alternative treatments?

If your baby's positional talipes does not improve within 2 months you should visit your GP as they may need further treatment. The treatment options will depend on your child's condition.

What are the risks of not doing the exercises?

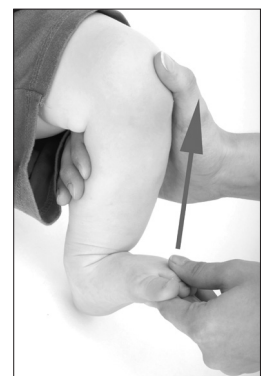
The only risk of not doing these exercises is that your baby's positional talipes will improve less quickly.

How to perform the exercises

You should do these exercises regularly throughout the day, perhaps with each nappy change and continue doing them for 2 months or until your baby's foot rests in line with their leg.

1.
 - Hold your baby's foot using your finger and thumb on either side.
 - Bring the foot round to the middle so it is in line with the leg.
 - Hold for a count of 10.
 - Repeat 3 times.
2.
 - Keeping the foot in line with the leg, bring the foot upwards so it is in a flat position.
 - Hold for a count of 10.
 - Repeat 3 times.
3.

Tickle the outside edge of your baby's foot. This will work the muscles and the baby will start to turn their foot outwards, which helps to strengthen the muscles.



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Follow-up

Your baby does not need a follow-up appointment, however if their positional talipes has not improved within 2 months please see your GP as they may need further treatment.

Further information

For more information about our hospitals and services please see our website www.swbh.nhs.uk or follow us on Twitter @SWBHnhs.

Sources used for the information in this leaflet

- Chartered Society of Physiotherapy, 'Physiotherapy management of Positional Talipes Equinovarus', August 2009

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net



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