

Calcaneovalgus

Information and advice for parents and carers

Paediatric Physiotherapy

What is calcaneovalgus?

Calcaneovalgus is a where a baby's foot turns upwards and outwards.

What causes calcaneovalgus?

Calcaneovalgus 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 calcaneovalgus diagnosed?

Calcaneovalgus is diagnosed by examining the baby's feet.

How is calcaneovalgus treated?

Calcaneovalgus will usually improve without any treatment within a couple of months, however you are also advised to:

- 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 baby oil or baby lotion, especially around the skin creases

What are the benefits of the exercises?

The exercises can improve your baby's calcaneovalgus 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.

Are there any alternative treatments?

If your baby's calcaneovalgus 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.

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.

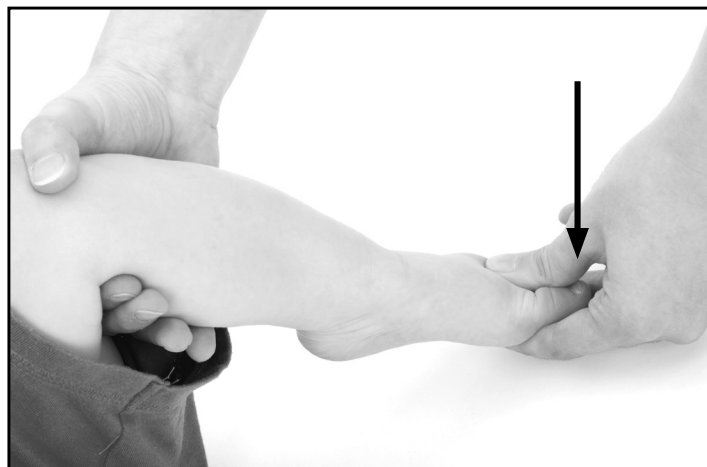
Exercise 1

1. Hold your baby's foot using your finger and thumb on either side.
2. Bring the foot round so it is in line with the leg.
3. Hold for a count of 10
4. Repeat 3 times.



Exercise 2

1. Hold your baby's foot using your finger and thumb either side
2. Bring their foot downwards so the toes are pointing downwards.
3. Hold for a count of 10.
4. You can also massage the front of the ankle at the same time.
5. Repeat 3 times



Exercise 3

1. Tickle your baby's feet to try and get them to actively move their feet downwards and inwards.

Follow-up

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

Contact details

If you have any questions or concerns you can contact:

Paediatric Physiotherapists

0121 507 4486

Monday – Friday, 8.00am – 4.00pm

Further information

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

Sources used for the information in this leaflet

Hart, E. S., Grottkau, B. E., Et al. (2005). The newborn foot: diagnosis and management of common conditions. *Orthopaedic Nursing*, 24(5), 313-321.

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