

# Positional talipes equinovarus

## Information for parents and carers

### What is positional talipes equinovarus?

Positional talipes occurs in the last three months of pregnancy when the baby has less room to move. The foot/feet tend to point downwards and inwards and can be stretched into a corrected position.

It is important to remember that positional talipes is different to structural talipes or 'clubfoot'. In structural talipes the foot is 'stuck' and cannot be moved into the correct position. Positional talipes is correctable.

### What is the treatment for positional talipes?

Positional talipes is correctable and will resolve within 2-3 months. Physiotherapy is not normally needed as babies tend to naturally correct the position themselves as they develop their kicking. The position of the foot is usually improved by the time the baby is three months old. There should be no long-term problems with standing or walking.

**If you would like to do some foot exercises with your baby you can carry out some gentle stretching. You can encourage your baby to move their foot by stimulating a response.**

## Stretching exercises

<p><b>To stimulate the muscles</b> Run the nail of your index finger along the outside border of the foot starting at the little toe up to the heel. You will notice your baby reacts by moving their foot upwards and out to the side. After this, allow the foot to return to the resting position and then repeat again. Repeat three times a day after daytime nappy changes. Usually babies only react three times.</p>	
<p><b>To bring the ankle into a neutral position</b> Support the length of the baby's foot in your hand and gently push upwards on the sole to bring the foot upwards into a similar position to standing. This can be done one foot at a time, when feeding. Hold this position for as long as your baby is comfortable.</p>	

## **Clothing**

Try to ensure your baby's clothes are loose enough to allow room for kicking, as this will encourage active movement of the feet.

## **More information**

For more information about the children's physiotherapy service at the Royal Free London, please visit our website:

[www.royalfree.nhs.uk/services/services-a-z/childrens-services/childrens-physiotherapy](http://www.royalfree.nhs.uk/services/services-a-z/childrens-services/childrens-physiotherapy)

## **Your feedback**

If you have any feedback on this leaflet or for a list of references for it, please email:

[rf.communications@nhs.net](mailto:rf.communications@nhs.net)

## **Alternative formats**

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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