



Information and exercises for Positional Talipes in the Newborn

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WHAT IS A POSITIONAL TALIPES?

Positional talipes is a common foot condition in newborn babies. It causes the foot to rest down and inwards. It can happen in one or both feet.

WHAT CAUSES POSITIONAL TALIPES?

It is normally caused by the baby's position in the womb due to lack of space towards the last few weeks of pregnancy.

There is nothing wrong with your baby's bone or joint development and the foot can be gently moved through a normal range of movement. You may notice the muscles around the ankle and foot are a bit tight when you're trying to move it but that is normal and nothing to worry about.

WHAT CAN I DO TO HELP?

This positional talipes foot position should get better without any treatment from a physiotherapist or doctor but you can also help by carrying out some gentle stretching exercises.

You should carry out the exercises when your baby is relaxed and they won't hurt your baby.

Exercise 1

Gently bring your baby's foot into the middle, in line with the leg and then push upwards towards their shin.

Hold this stretch for 5 seconds.

Repeat this 5 times.



Exercise 2

Gently bring your baby's foot outwards.

Hold this stretch for 5 seconds.

Repeat this 5 times.



Exercise 3

Gently stroke the outside of the foot to encourage your baby to turn the foot outwards.

Repeat this 5 times.



Exercise 4

Once a day gently massage the sole and inside arch of your baby's foot



POINTS TO REMEMBER

- ❖ Always stretch the foot gently when your baby is relaxed
- ❖ Keep your baby's knee bent when doing the exercises
- ❖ Do the exercises a few times every day. Try to fit them into your daily routine, for example with every nappy change
- ❖ Dress your baby in loose clothing to allow for them to move their feet freely

Once your baby's foot stays in a natural position and doesn't point inwards, you do not need to do the exercises any longer

Your baby's feet should stay in a natural position within 3 months and your baby does not need any follow up appointment. If you are worried about the position of your baby's feet after 3 months you can speak with your GP or Health Visitor for further advice.

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