

Combined stretch

- Hip and knee should be at right angles prior to exercise.
- Cup your baby's foot in the palm of your hand, with your thumb and first finger either side of the heel.
- Place your other hand above the knee for support.
- Gently push the outside edge of the foot (the area underneath the little toe) toward the knee - see diagram three.
- Hold this position for ten seconds. Repeat this exercise three times.

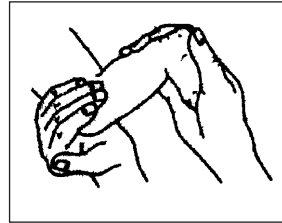


diagram three

Points to remember

- Always stretch the foot very gently.
- Once your baby's foot lies in the normal position, stop the stretching exercises.
- Dress your baby in loose clothing to allow for kicking and extra movement.
- Have a regular routine for exercises. For example, do the exercises at every nappy change or before feeding.
- Do not do the exercises immediately after feeding, as your baby may be sick.
- Do the exercises five times a day.
- If in doubt, contact your family doctor (GP).

Positional talipes

Information for parents



What is talipes equinovarus?

Talipes This is when the position of one or both feet is abnormal.

Equino This is when the foot points downward making the heel prominent.

Varus This is when the foot is also turned inward.

What is positional talipes?

This relates to your baby's position in the uterus. During the last few months of pregnancy, your baby is not always able to move freely. This can result in positional talipes.

This is quite common and is not a permanent condition. As there is no bone or joint deformity, stretching exercises can correct the position of the feet.

Encourage your baby to kick their legs throughout the day, especially at nappy changing time.

Stretching exercises

Over time, stretching exercises can correct the position of the feet and allow your baby to move the ankle normally and without any stiffness. It is very important that you do these exercises regularly, usually about five times a day or at each nappy change.

You must stop the exercises if your baby is agitated or crying. Never do the exercises if your baby is pushing their leg against your hand.

Stretch the inside of the foot

- Place your hand around your baby's heel.
- Place the thumb of your other hand at the bottom of the big toe.
- Stretch your hands away from each other - see diagram one.
- Hold this position for ten seconds. Repeat this exercise three times.

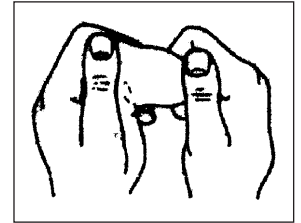


diagram one

Heel stretch

- Hip and knee should be at right angles prior to exercise.
- Cup your baby's foot in the palm of your hand, with your thumb and first finger either side of the heel.
- Place your other hand above the knee for support.
- Gently push the ball of the foot upward towards the knee - see diagram two.
- Hold this position for ten seconds. Repeat this exercise three times.

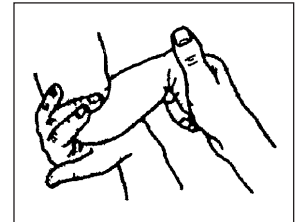


diagram two