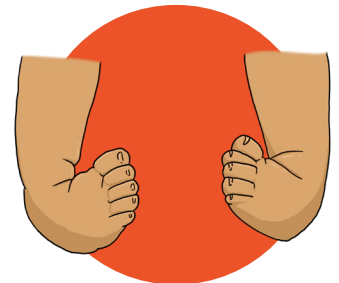




## Keeping our mob healthy

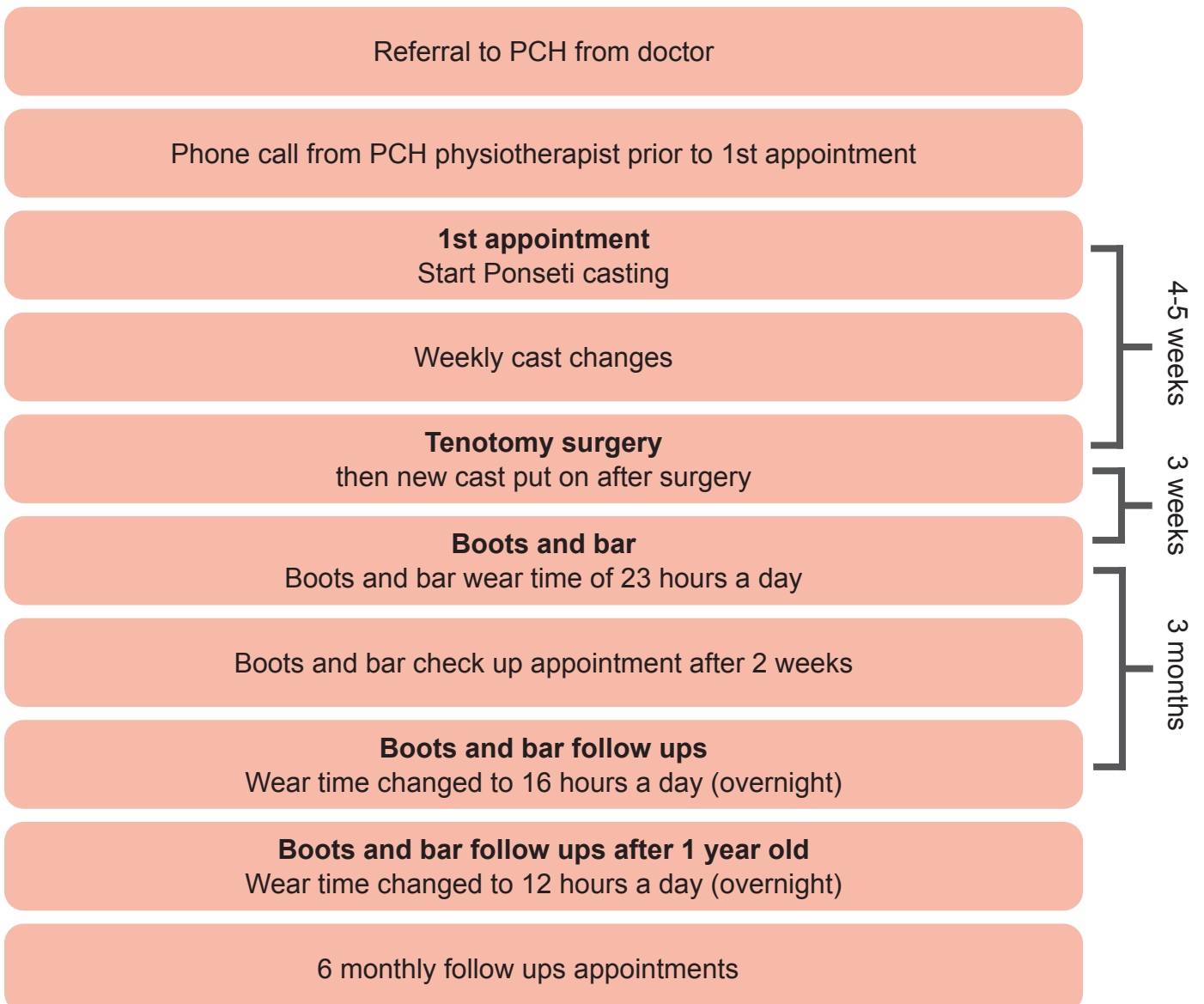
# Clubfoot

Clubfoot is common in bubs. It's when one or both feet turn in because the tendons are too tight.



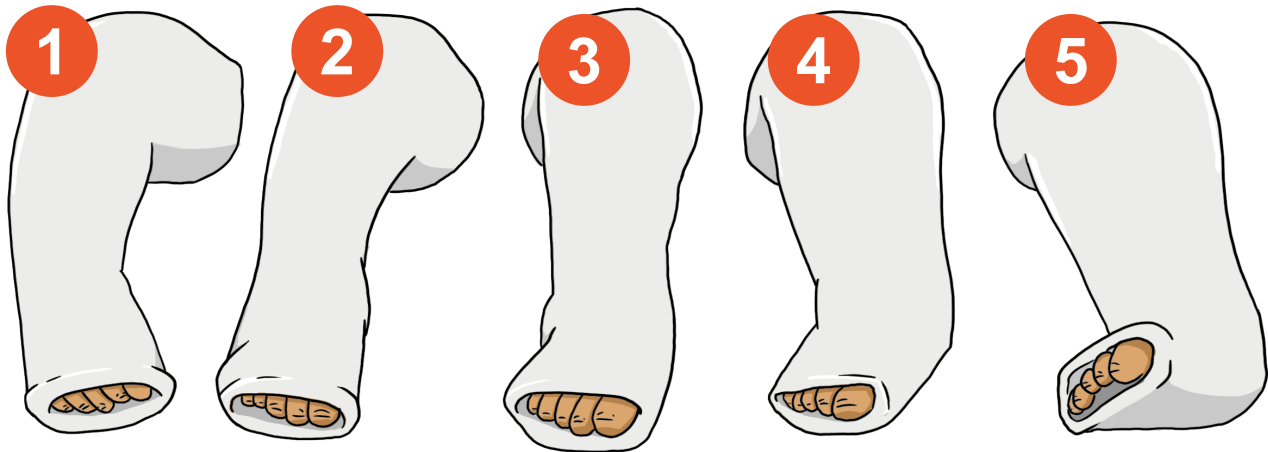
We don't know why clubfoot happens but coming to **all of your Orthopaedic appointments** will help bub's feet.

**You need to come to all bub's appointment to make sure their foot is moving and healing. It can take **years** for their foot to change.**



## The Ponseti cast method

Bub will have a plaster cast put on their feet. The cast is changed weekly and will slowly change the foot's position.



Keep an eye out for:



**Cast slips**, check to see if bubs toes have move from where they were to more in the cast.



**Do not get the cast wet**, wash bub with a damp cloth.



**Circulation**, toes should be normal skin colour. When the toes are squeezed they whiten and then return to normal colour quickly. If the toes change colour lift the feet to rest on a small pillow or towel for a few minutes.

If the cast slips or is wet or there is a problem with the circulation call the Orthopaedic Outpatient Department on 645 0354 or visit the Emergency Department as the cast will need to be reviewed and likely removed.

## Tenotomy surgery

(te-not-uh-me)

After the casting, most bubs will need surgery to lengthen the heel tendon (Achilles) by cutting the tendon; this will let the ankle bend.

- The hospital will ring 2 days before the appointment (on an unknown number) to give you information on where to go on the day.
- Another cast is put on after surgery and will stay on for 3 weeks.

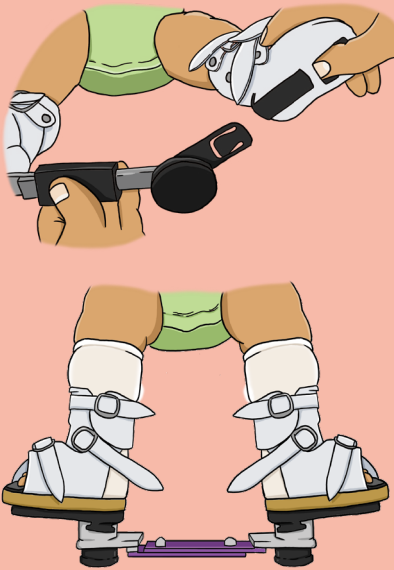
## Boots and bars - this is the most important step

- Bub may not like wearing the boots and bars, it won't hurt it just feels different.
- Don't stop using it unless your physiotherapist/orthotist tells you to stop, **if you stop the foot will go back to the way it was.**
- In the first few days you can take the brace off 3 to 4 times a day to check for redness or rubbing on the skin, if there is call the Orthotics Department.
- When bub starts walking, the brace only needs to be worn overnight for 12 hours. Bub may need to wear the boot and bar until they are 4 years old.

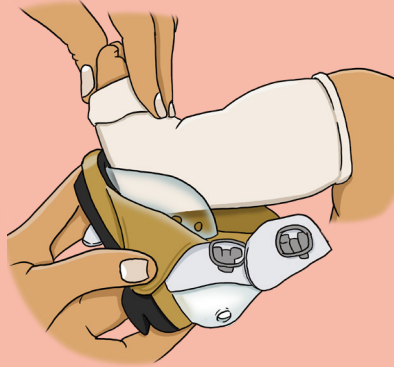


## Putting the boots and bar on your baby:

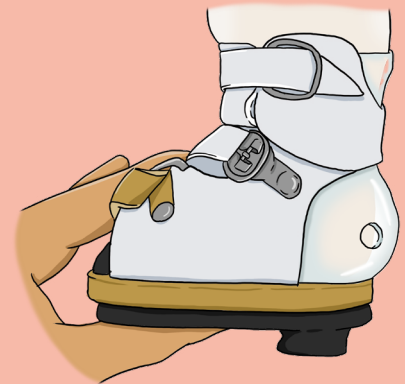
Remove the boots from the bar



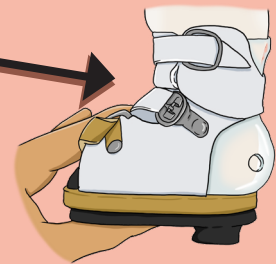
1. Bend the knee and ankle of one foot with your hand and open the boot with your other hand.



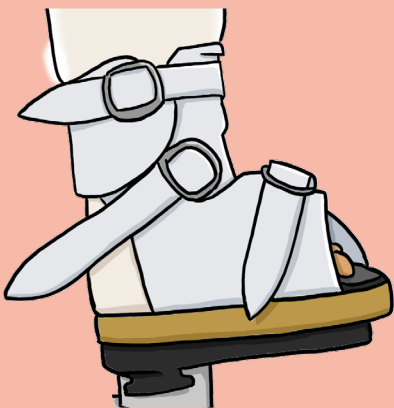
2. Slide the foot back into the boot as far as you can, keeping the heel down at all times.



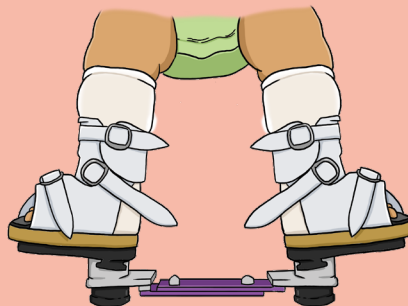
3. It is extremely important to strap up the **middle straps firmly**. It holds the heel in place and keeps the foot in position as bub grows or the leather stretches. You may need to change the buckle holes; (if the heel is slipping up in the boot, you need to tighten the middle strap).



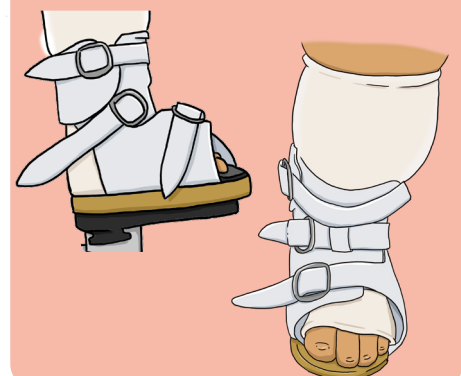
5. Do the bottom strap up firmly and then repeat with the other boot.



6. Attach the bar by sliding the boots on one at a time from front to back until you hear a 'click' **Please do not adjust the brace yourself!**



Call the Orthotics Department if you feel the boots and bar are getting too small.



- Bub will get used to wearing the brace and will settle in time – remember if you stop the foot will go back to the way it was.
- Call the Orthotics Department if you are concerned about any redness/rubbing on the feet or the fit of the boots.

### Useful numbers:

Physiotherapy  
6456 0412

Orthotics  
6456 0411



Government of **Western Australia**  
**Child and Adolescent Health Service**

**Child and Adolescent Health Service**

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

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formats on request for a person with a disability.**

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