

the **early years** toolkit

hope making a difference choice understanding friendly
together quality understanding dedication hope enthusiastic specialist compassion
personal community people together help care understanding specialist dedication safe local support trust depende
equality care choice independence respect community trust together quality
tion hope enthusiastic specialist compassion safe health service local dependable help equality care d

Talipes or club foot

What is Positional Talipes or club foot?

Talipes or club foot is when a newborn baby's foot or feet turn inwards and point downwards. There are two types:

- Positional
- Structural

If a baby has Positional Talipes, you can stretch the foot out into a standard position.

If a baby has Structural Talipes the foot will be stiff and the position not correctable. This type is often diagnosed during prenatal scanning and requires treatment.

What can you do to help?

You can speed up the natural improvement in your baby's foot/feet by doing the following stretches each time you change your baby's nappy.

Leave your baby lying on their changing mat so that they are supported whilst you do the following exercises. Remove socks so that the baby has bare feet.

Stretches Step One

- Hold the heel firmly between your thumb and fingers.
- With your other hand, hold the front of the foot just underneath the toes.
- Bring the front of the foot across so that it is straight in line with the heel.
- Hold for 10 seconds.
- Move to step two.

Stretches Step Two

- Start with the foot in a straight position as in Step One.
- Pull down on the heel as you lift the front of the foot up toward the shin.

- Make sure that you are not only lifting the toes but the whole foot.
- Hold for 10 seconds.
- Repeat steps one and two with the other foot if both feet are affected.

Encouraging active foot movements

- Stroke the outside of the baby's foot from the toes to the heel.
- You may see that this stimulates them to turn out their foot.
- Repeat five times with each affected foot.
- If this does not seem to encourage foot movement, try stroking / tickling other parts of their feet.

Continue doing these exercises until there is no longer a concern with the position of the foot.

Speak to your health visitor or GP if you do not see any improvement.