

## Positional Talipes Equinovarus

### What is it?

Positional Talipes Equinovarus is where a baby's foot turns inwards and downwards

### Who does it typically affect?

Positional talipes typically affects new-born babies.

### How many people does it affect in a population?

It has been reported to affect 16 per 1000 live births (2)

### What are signs? How do I know if my baby has it?

If your baby points their foot/feet inwards and downwards most of the time, they may have positional talipes.

### What are the causes?

The condition is thought to be caused by the position of the baby in the mother's uterus during pregnancy.

### What are the treatment options available?

Treatment includes assessment by your Chartered Physiotherapist who will diagnose and give appropriate advice.

### How can Physiotherapy help?

Your Chartered Physiotherapist may prescribe some simple exercises/stretchers for your babies foot/feet. They will give you advice and may arrange follow up Physiotherapy if indicated.

### How effective is treatment?

Physiotherapy treatment is very effective in the treatment of positional talipes equinovarus.

### What steps can be taken to reduce pain/discomfort/ alignment?

Your Chartered Physiotherapist will provide advice re improving alignment of the foot/feet post assessment of your baby.

### Day to day advice on management? What can I do at home?

Parents can help by making sure their baby's clothes are not too tight around their feet. They can encourage their baby to kick out their feet during nappy changes and during bath time. Gently stroking the outside and front of your baby's foot several times a day. This causes a reflex action of the foot and toes which moves them into a straighter position.

### What is the treatment time/process?

Positional Talipes usually gets better in the first few months.

### References:

1. <https://www2.hse.ie/conditions/positional-talipes/>
2. Hart D. Variability in the Physiotherapy Treatment of Talipes Equinovarus. APCP Journal 2006; 119 (June):9-15.