

## Other Information

- Give your baby some time with the nappy off to encourage kicking which will help to strengthen the foot and ankle muscles. Bath time is also good for this.
- Avoid putting your baby in a bouncer, jolly jumper or walker as these can encourage the muscles that contribute to an abnormal position of the foot.
- Babies can be stood but avoid bouncing them on their toes and always stand the baby with his/her weight forwards and feet flat.
- Regular time on his/her tummy is important for the development of all babies.
- Babies with PTEV will not need any special footwear.

## Follow-up

Your baby does not need a follow-up appointment. However, if their positional talipes has not improved within two months, please see your GP for further treatment.

### With special thanks to

Information source and images from Sandwell and West Birmingham Hospitals NHS Trust (2014) and Homerton University Hospital NHS F Trust for leaflet 'Positional Talipes Equinovarus'

## Further information

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### Patient advice and liaison service (PALS)

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If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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## Positional Talipes



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## A guide for parents and carers



### What is positional talipes?

Positional talipes equino varus (PTEV) is a condition where one or both of a baby's feet turn inwards and downwards.

### How is positional talipes diagnosed?

Positional talipes is diagnosed by examining the baby's feet.

### How is positional talipes treated?

Positional talipes will usually improve without any treatment within a couple of months. However, you are also advised to do the following:

- Perform some simple exercises on your baby's foot.
- Make sure your baby's clothes are not too tight around their feet.
- Massage their foot and ankle with olive oil, baby oil or baby lotion, especially around the skin creases.

### What are the benefits of the exercises?

The exercises can improve your baby's positional talipes more quickly.

### Are there any risks to the exercises?

There are no known risks or side effects to these exercises, and they are not painful for your baby.

### Are there any alternative treatments?

If your baby's positional talipes does not improve within two months you should visit your GP as further treatment may be required. The treatment options will depend on your child's condition.

### Are there risks of not doing the exercises?

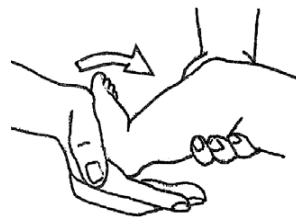
The only risk of not doing these exercises is that your baby's positional talipes will improve less quickly.

### How to perform the exercises

You should do these exercises regularly throughout the day, perhaps with each nappy change. For the stretches, hold for 10 seconds and complete 5 repetitions. Continue doing them for two months or until your baby's foot rests in line with their leg.

#### Exercise 1:

Gently bring your baby's foot into the middle and then upwards towards their shin. Hold the position for 10 seconds then release. The pressure used should be firm but gentle.



#### Exercise 2

Your baby should be lying on their back. With the knee bent gently move your baby's foot up and out to the side.



#### Exercise 3

Gently stroke the outer border of your baby's foot with the back of your fingernail. This will tickle the foot and help to turn it out. This can be done with your finger or, for example, with a watercolour brush or soft toothbrush.



#### Exercise 4

The skin across the front of the ankle is often tight and prone to cracking. Massaging the feet with baby oil or pure olive oil prior to stretching can help this.

