

### Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

If you would like this information in another language or format, please contact the service equality manager on 0116 250 2959

إذا كنت ترغب في الحصول على هذه المعلومات في شكل أو لغة أخرى ، يرجى الاتصال مع مدير الخدمة للمساواة في 2959 255 0110.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অভিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস্ ইকুরালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 250 2959 নাম্বারে যোগাযোগ করুন।

如果您想用另一种语言或格式来显示本资讯,请致电 0116 250 2959 联系"服务平等化经理" (Service Equality Manager)。

જો તમને આ પત્રઇકાનું લેખિત અથવા ટેઈપ ઉપર ભાષાંતર જોઈતુ હ્રોય તો મહેરબાની કરી સર્વિસ ઈક્વાલિટી મેનેજરનો 0116 250 2959 ઉપર સંપર્ક કરો.

यदि आप को इस लीफलिट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डेब बेकर, सर्विस ईक्वालिटी मेनेजर से 0116 250 2959 पर सम्पर्क कीजिए।

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na inny język lub w innym formacie, prosimy skontaktować się z Menedżerem ds. równości w dostępie do usług (Service Equality Manager) pod numerem telefonu 0116 250 2959.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫ਼ਲਿਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੈਬ ਬੇਕਰ, ਸਰਵਿਸ਼ ਇਕਆਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116 250 2959 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

Ak by ste chceli dostat túto informáciu v inom jazyku, alebo formáte, kontaktujte prosím manažéra rovnosti sluzieb na tel. čísle 0116 250 2959.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xiriir, Maamulaha Adeegga Sinaanta 0116 250 2959.

Revised: January 2018 Review. January 2020 (Shaw/Western-Smith)PonsetiTechnique240118PR

# Ponseti Technique

Children's Hospital
Information for Parents and Carers



University Hospitals of Leicester NHS





### Introduction

Your child has been diagnosed as having Congenital Talipes Equinovarus. The recommended treatment is the Ponseti Technique.

# What is the Ponseti Technique?

The Ponseti Technique is a treatment to straighten the feet which has been used successfully in America since the 1960s and in the UK since approximately 2000.

The treatment manipulates the soft bones of the foot and stretches the tight structures whilst also realigning the bones correctly. This position is then held in place by a plaster cast. This cast is then left on for seven days to allow the muscles and ligaments to relax and the bones to re- shape into a more normal position.

### What happens next?

At your child's next appointment one week later, the plaster will be removed using a plaster saw. A new cast will then be applied.

On average four to six plaster casts will be required to obtain a corrected position.

Every foot is different and therefore this number may vary slightly. Your child may be more unsettled after the cast changes. A prescription for pain relief will be given to you at your first appointment.

#### Questions

### Questions

If you have any questions write them down here to remind you what to ask when you speak to your consultant.				

# How can you help?

If you are bottle feeding it is helpful to have your child's feed with you to offer to them during the treatment.

If you are breast feeding and wish to feed it is possible to apply the cast whilst you are feeding.

### **Plaster Care**

#### YOU MUST:

- Check your child's toes are pink and warm at every nappy change
- Check your child's toes can easily be seen and are in the same position as when the plaster was applied
- Check your child's skin around the edges of the plaster for any signs the plaster is rubbing or causing redness
- · Keep the plaster dry

#### You must contact the hospital if:

- You are not able to see your child's toes
- · Your child's toes are not pink and warm
- The plaster cast becomes loose, cracked or crumbles
- Your child is crying more than usual and appears to be uncomfortable

Please use the telephone numbers listed on page 5.

# Will my child need an operation?

A percentage of children will need a small operation called a tenotomy to release the tight tendon at the back of the heel. The procedure takes place in the Children's Outpatients clinic.

This is performed at around week five when the child's foot has achieved a good position following casting. The foot is then corrected.

# What happens after the tenotomy?

- A cast is applied and will stay in place for two to three weeks
- The cast will be removed and your child will be fitted with specially made boots which are joined together by a metal bar
- The boots and bar hold the feet in the corrected position
- They must be worn for 23 hours a day for three months
- You can remove them for an hour at the time of your choice
- After approximately six months your child should then be reviewed and the decision will be made that the boots and bar are worn only at night time and when asleep during the day
- · This will continue until your child is five years of age
- After six months your child can wear well fitting footwear of your choice

Unfortunately, if you do not follow the instructions the treatment is less likely to be successful.

### Useful website addresses

www.ponseti.org.uk

www.steps-charity.org.uk

# Paediatric Orthopaedic Consultants

Mr Furlong

Mr Abraham

Mr Qureshi

Miss Peek

Contact Julie Keely (Secretary) 0116 258 5756 between 8am - 4pm

#### Contact details

#### **Secretary**

Monday to Friday 8am - 4pm 0116 258 5756

#### **Lead Consultant**

Miss A Peek

Monday to Friday 9.30 -14.30

Jo Shaw, Paediatric Orthopaedic specialist sister

Ward 19 0116 253 5244