



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 0116 250 2959.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি 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 પત્રછંદાનું લેખિત અથવા ટેઈપ ઉપર ભાષાંતર જોઈતું હોય તો મહેરબાની કરી સર્વિસ ઇકુવાલિટી મેનેજરનો 0116 250 2959 ઉપર સંપર્ક કરો.

यदि आप को इस लीफलेट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डेव बेकर, सर्विस इक़ुवालिटी मैनेजर 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 ਲੀਫਲੇਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੇਵ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਆਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116 250 2959 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

Ak by ste chceli dostať túto informáciu v inom jazyku, alebo formáte, kontaktujte prosím manažéra rovnosti služieb na tel. číslo 0116 250 2959.

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


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Ponseti Technique

Children's Hospital

Information for Parents and Carers



University Hospitals of Leicester 
NHS Trust

Caring at its best

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