

# Talipes Equinovarus (Club Foot)

Neonatal Services  
Information for Parents



University Hospitals of Leicester



NHS Trust

## Introduction

Talipes, or club foot, is a term used to describe a condition where the foot or feet take up an abnormal position and look as if they are twisted inward. This makes it difficult to place the foot flat on a surface.

## What is Talipes?

The condition is fairly common and occurs in about 1 in every 1000 births. It may occur alone or may be associated with other problems e.g. congenital dislocation of the hip, or diseases of the muscles or nerves.

Talipes is usually caused because the baby's legs and feet have been 'squashed' inside the womb throughout pregnancy. This is particularly a problem if there has been less amniotic fluid than normal. If this is so it stops the baby moving around freely and the feet can get squashed into an abnormal position. The tendons of the foot and ankle become short and tight causing the foot to remain fixed in an abnormal position.

If this condition is not treated most children will walk, but with difficulty. If treated early there should be no problem with walking (unless your baby has other problems).

## Is the condition treatable?

Talipes can range from mild (positional talipes) to more severe forms. When your baby is examined by the doctor he or she will try to place your baby's foot into a normal position. If this can be done easily then the talipes is mild and requires gentle exercise in order to correct it. A physiotherapist will show you how to do this and it is most important that you do this at home regularly.

More severe forms of talipes cannot be corrected with exercises and manipulation. If your baby has severe talipes they will be seen by a physiotherapist and if the talipes is particularly severe by a children's orthopaedic surgeon. Your baby may need special strapping to be applied to the foot, or may need a Plaster of Paris boot. Some babies need a period of splinting / boots and go on to an operation. This is not an emergency and if an operation is needed the orthopaedic surgeon will give you a full explanation in the outpatient clinic. As this condition can be associated with dislocated hips an outpatient scan will be arranged.

If you would like this information in another language or format, please contact the Service Equality Manager on 0116 258 4382

ਆਪਨਿ ਯਦਿ ਐ ਲਿਫਲੇਟੋਰ ਅਨੁਵਾਦ - ਲਿਖਿਤ ਚਾ ਅਡਿਓ ਟੇਪ' ਐ ਚਾਨ, ਤਾਹਲੇ ਅਨੁਗ੍ਰਹ ਕਰੇ ਸਾਰ੍ਵਿਸ਼ ਇਕੁਏਲਿਟੀ ਮਾਨੇਜ਼ਰ ਡੇਭ ਬੇਕਾਰ' ਐਰ ਸਾਥੇ 0116 2584382 ਨਾਂਬਾਰੇ ਯੋਗਾਯੋਗ ਕਰਨ ।

यदि आप को इस लीफ़्लिट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डैब बेकर, सर्विस ईक्वालिटी मैनेजर से 0116 2584382 पर सम्पर्क कीजिए ।

ਜੇ ਤਮਨੇ ਆ ਪਤ੍ਰਿਕਾਨੂੰ ਭੇਜਿਨ ਅਥਵਾ ਟੇਪ ਉਪਰ ਲਾਖਾਨਰ ਜੇਠੰਨੂੰ ਭੇਖ ਨੋ ਮਭੇਰਆਨੀ ਕਰੀ ਤੇਐ ਐਕਰ, ਸਰਵਿਸ ਈਕੁਏਲਿਟੀ ਮੈਨੇਜਰ ਨੋ 0116 2584382 ਉਪਰ ਸੰਪਰਕ ਕਰੋ।

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xiriiir, Maamulaha Adeegga Sinaanta 0116 258 4382.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫਲਿਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੈਬ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਏਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116, 2584382 ਤੇ ਸੰਪਰਕ ਕਰੋ ।

Eğer bu broşürün (kitapçığın) yazılı veya kasetli açıklamasını isterseniz lütfen servis müdürüne 0116 258 4382 telefonundan ulaşabilirsiniz.