



### When to seek medical advice:

- If the baby's foot is stiff or not fully correctable.
- If the baby's foot seems painful.
- If the baby's foot position has not improved or resolved within a few months.
- Please speak to your health visitor or GP who can refer your baby to the Acute Paediatric Physiotherapy Department for further assessment and advice, if required.
- Babies with positional talipes equinovarus are not routinely referred for a hip ultrasound scan. Please speak to your health visitor or GP if you have any concerns about your baby's hips.

### Other physio advice

- In the first 2 months of life your baby will spend an average of 700 hours sleeping. If a baby always lies in the same position (facing the same way) it can alter the baby's head shape, causing asymmetrical flattening of the skull (plagiocephaly).
- Please ensure that your baby sleeps on its back, but alternate which side it turns its head towards.
- When your baby is awake, daily supervised tummy time is great for building the muscles your baby needs for sitting and crawling. It also helps to promote a more rounded head shape.

### What is positional talipes equinovarus?

- Positional talipes equinovarus is a very common foot condition in newborn babies that may affect one or both feet.
- In positional talipes equinovarus the foot rests inwards and downwards but remains flexible. The foot can therefore be gently moved through a full and normal range of movement.
- In-turned feet can be an entirely normal resting position for newborn babies. More persistent in-turning is thought to be caused by the baby's position while in the mother's uterus.
- It is normal for a newborn baby's legs to be slightly bowed, which can add to the appearance of the feet turning inwards.



## How is positional talipes equinovarus managed?

- Gentle exercises for the foot may help.
- These should be performed regularly through the day and will be most effective when your baby is relaxed.
- Hold each stretch for 10-30 secs, as tolerated.
- Exercises should never be painful or forced.