

# ***Positional talipes: How to help your baby***

***Information for  
parents and carers***



**Physiotherapy Department  
Royal Aberdeen Children's Hospital**

## ***What is positional talipes?***

Positional talipes equinovarus (PTEV) is a foot condition where one or both of a baby's feet point down and inwards. This condition usually develops because a baby hasn't had enough room to move their feet in the womb during the last few weeks of pregnancy.

When your baby was examined it was noted that they had PTEV in one or both of their feet. Their foot is not fixed in this position and can be moved fully in all directions.

## ***What can I do to help my baby?***

**PTEV is a short term condition. It usually corrects itself once your baby has been born and they have room to move and stretch their feet. This may take up to 12 weeks.**

There is some simple advice below and exercises on pages 2 to 4 you can do to try to speed up your baby's recovery:

### **General advice**

- Give your baby some time out of their babygrow to allow them to kick their legs freely.
- Make sure your baby's clothes are not too tight around their feet.

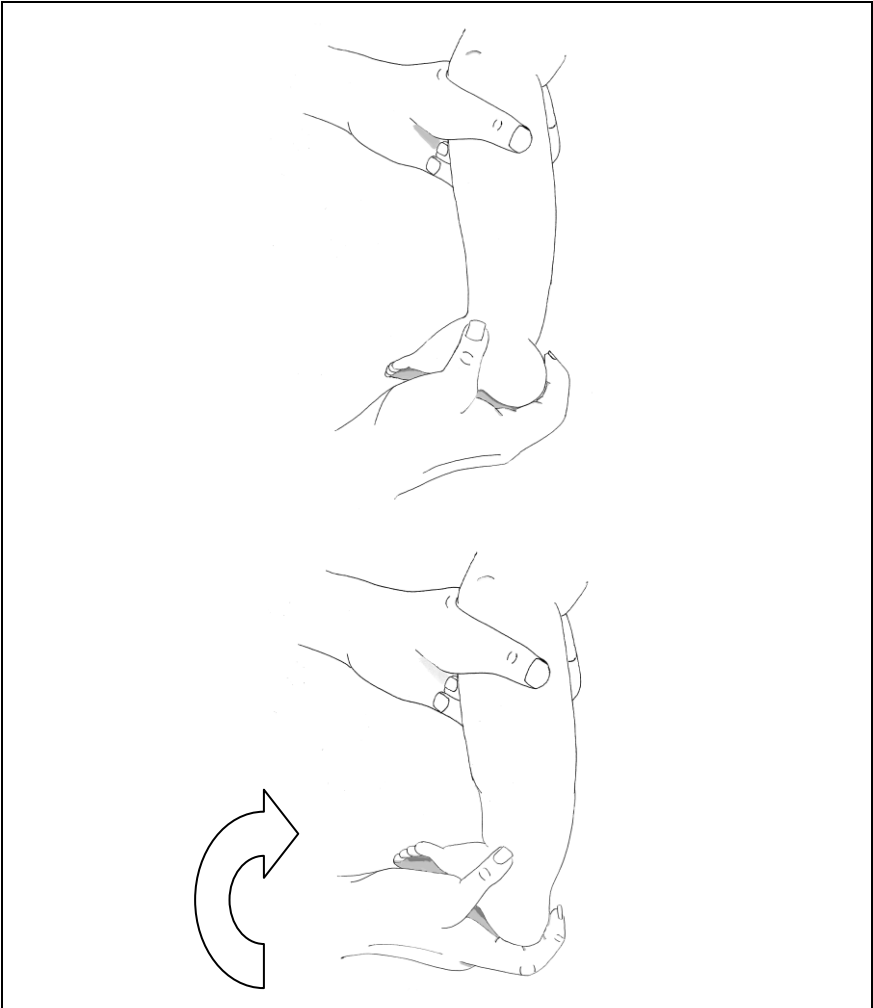
## **Exercises**

You can do the movements on the following pages with your baby's feet to try to help speed up their recovery.

Carry out the exercises **gently but firmly** – do not force your baby's foot into position. The exercises should not cause pain.

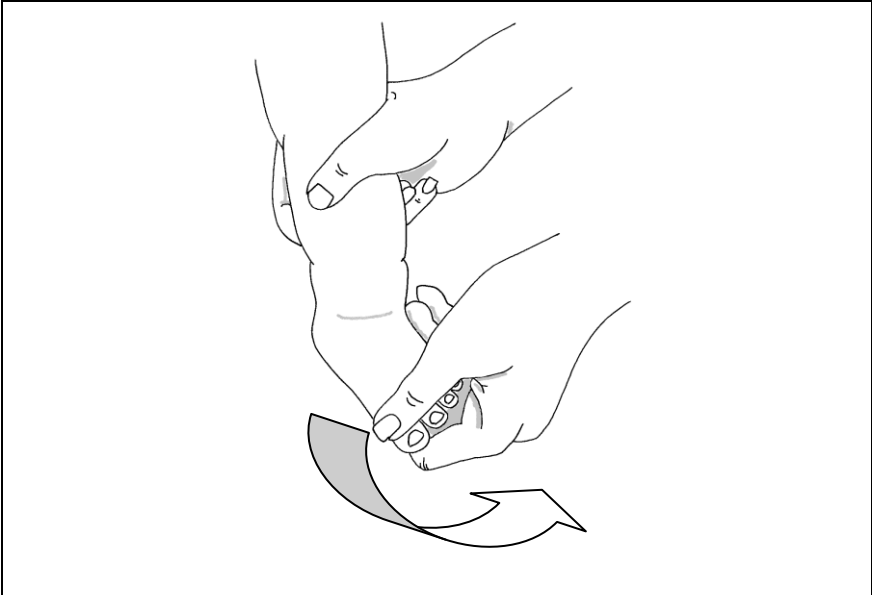
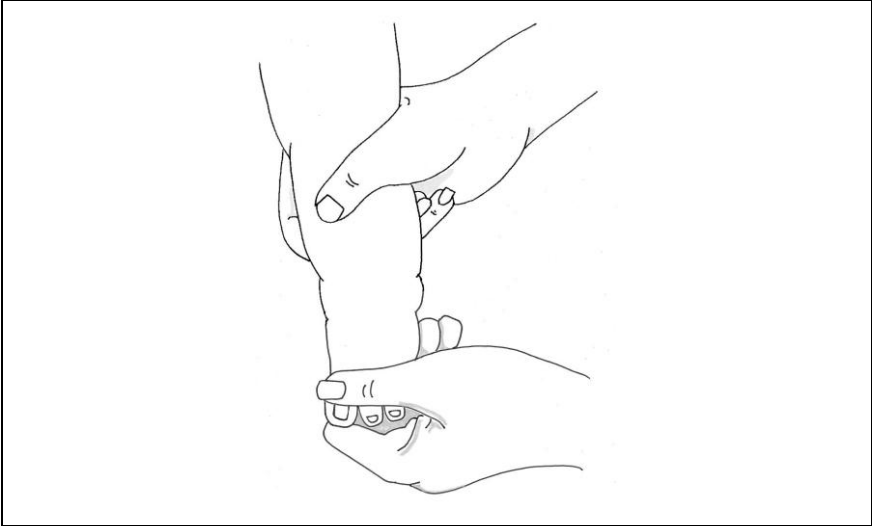
Carry out the exercises regularly - 2 to 3 times a day - when your baby is calm and relaxed (for example at nappy change or feed times).

The pictures on the following pages show left foot exercises – simply reverse if your baby's right foot is affected.



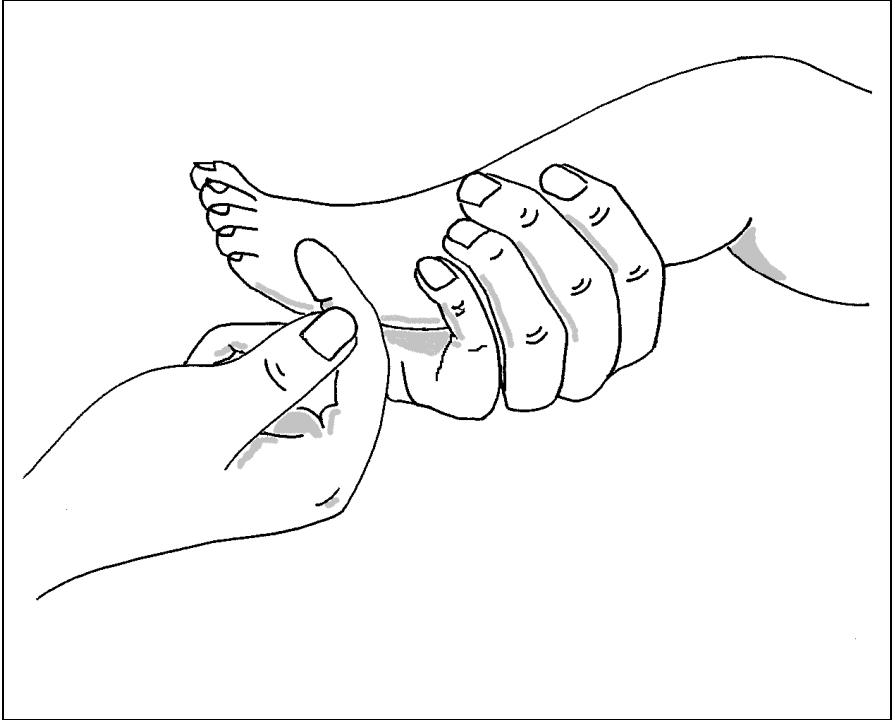
**Exercise 1:**

To stretch the muscle at the back of the ankle.



**Exercise 2:**

To stretch the muscle on the inside of the foot.



**Exercise 3:**

Gently stroke or tickle the outside of your baby's foot and encourage active movement.

## ***What happens next?***

You can keep doing these exercises until your baby's feet are in a straight position.

If you feel the position of your baby's feet has not improved by the time they are 8 to 10 weeks old, please contact us by email on:



**rachorthopaedics@nhs.net**

And your baby will be offered an appointment within 4 weeks.

If you don't have email you can phone on **01224 554016**.

**This leaflet is also available in large print.  
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Development on 01224 554149 for a copy.  
Ask for leaflet 1732.**

Feedback from the public helped us to develop this leaflet.  
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please call 01224 554149 to let us know.