



# The Association of Paediatric Chartered Physiotherapists

## **APCP Information - Positional Talipes** Information for Parents and Carers

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

Positional talipes can also be known as talipes equinovarus (CTEV) or 'in-turned' feet.

It is a common presentation in newborn babies, where their foot turns inwards and downwards. This may affect one or both feet. The foot remains flexible and can be moved gently through a full range of normal movement.

It can be normal for a newborn baby's feet to turn inwards and downwards when at rest and for their legs to be slightly bowed, which can add to the appearance of the feet turning inwards.

### **How is positional talipes equinovarus managed?**

Positional talipes is correctable, usually resolving by itself within the first few months. Once the baby is born it will have more space to move and stretch their feet.

You can give your baby some time out of their clothing to allow them to kick and move their legs freely. Make sure baby's clothes are not too tight around their feet so they have room to move.

### **Can exercises help?**

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. Bath time is a good time for a baby to stretch.



**Exercise 1** - Gently move baby's foot outwards, hold each stretch for 10-30 seconds.



**Exercise 2** – Gently move baby's foot upwards towards the shin. Hold each stretch for 10-30 seconds.



**Exercise 3** – Gently stroke or tickle the outside of baby's foot to encourage them to move it up and outwards

### When to seek further medical advice

Please speak to your health visitor, GP or physiotherapist if:

- \* Your baby's foot feels stiff or you are unable to correct the position of the foot.
- \* Your baby's foot seems painful
- \* Your baby's foot position has not improved or resolved within a few weeks

Your GP can refer your baby for further assessment and advice, if required.

Babies with positional talipes are not routinely referred for a hip ultrasound scan. Please speak to your health visitor, GP or physiotherapist if you have any concerns about your baby's hips.

**This leaflet has been produced following a review of relevant literature and where there is lack of evidence, a consensus of expert opinion is agreed, correct at time of publication.**

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APCP

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