

Name of Child: _____ Date: _____

Clubfoot

What is clubfoot?

Babies who are born with clubfoot have the bottom of one or both feet pointing in.

Could clubfoot get better on its own?

No, clubfoot will not go away if it is not treated.

How is clubfoot treated?

Clubfoot is treated by slowly stretching the feet to normal position. This is done with gentle stretching, casts, and a brace.



In clubfoot, the toes point in.

This treatment is called the **Ponseti Method**.

1. Beginning in the first week of life, the baby's foot is stretched for about a minute toward the normal position.
2. The baby's leg is put in a cast from the toes to the groin. This holds the foot in place.
3. Each week, the cast is taken off and the foot is stretched a little more. Then a new cast is put on the leg to hold the foot in position.
4. Over about 6 weeks, the foot is slowly stretched to the normal position.
5. Often, before the last cast is put on, the baby has a small operation to make the heel cord longer.
6. When the last cast is taken off, the baby will wear a leg brace for three months.
7. Then, for the next 3 to 4 years, the child wears the leg brace when sleeping,

- About 1 in 5 children may need surgery when 2 or 3 years old.

- After treatment, most children can walk and run normally.

- 1 in 1000 babies is born with clubfoot.
- If you have a baby with clubfoot and you have another baby, you have a 1 in 30 chance of having another baby with clubfoot. That means you have a 96% chance that you will not have another child with clubfoot.



After treatment, most children can walk and run normally.

Now that you've read this:

Tell your nurse or doctor how clubfoot is treated. (Check when done.)



If you have any questions or concerns,

call Karla Shapiro, LPN at 602-933-5252

email Dr. Lee Segal at lsegal@phoenixchildrens.com

email Paula Stufflebeam, PA at pstufflebeam@phoenixchildrens.com

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
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Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Thursday, December 15, 2011 • DRAFT to family review
#1160 • Written by Susan Segal, PT



The Emily Center

Clubfoot

Diagnosis/Disease/Illness
Este folleto se encuentra traducido al español.
Solicítelo al enfermero o médico

Name of Health Care Provider: _____ Number: 1160
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!