

Information for patients and carers

Positional Talipes Calcaneovalgus

Decorative blue wavy lines at the bottom of the page, consisting of three overlapping bands of different shades of blue.

What is Positional Talipes Calcaneovalgus?

Positional Calcaneovalgus is a relatively common condition when the foot points upwards and outwards.



Calcaneovalgus



Normal foot

The foot remains flexible and has full movement therefore, there is no structural abnormality and should cause no permanent problems for your child.

However, a referral should be made for an ultrasound scan of your child's hips as there is a slight increased risk of having hip dysplasia (shallow hip cup) with positional talipes calcaneovalgus.

What causes Positional Talipes Calcaneovalgus?

- Positional talipes calcaneovalgus is caused by inter-uterine moulding
- Often it is due to babies being in a breech position and their feet been held upwards resting on their shins in the womb
- Babies can be in this position for a long time in the womb
- Occasionally the muscles on the front of the legs can become tight from being in this position for a while
- Often the skin at the front of the ankles can become dry and cracked

As a consequence of this, babies may adopt this position of the feet for a while after being born.

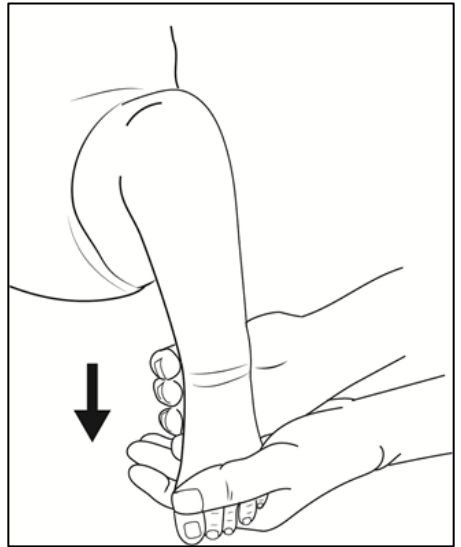
What can you do to help?

You can perform stretches to your baby's foot and ankle to help stretch out these muscles and encourage the foot into a neutral position.

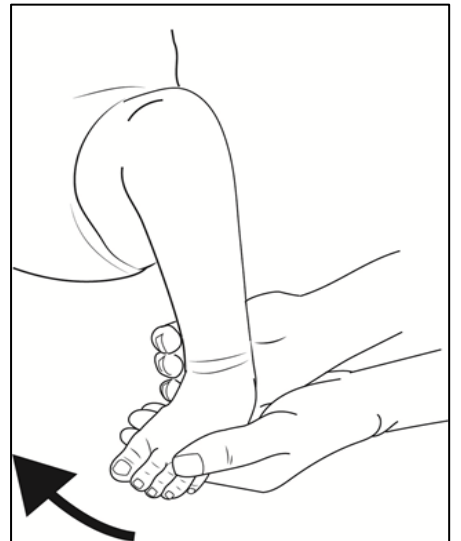
It is recommended that you complete the following exercises regularly about 5 times per day:

1. Hold your child's lower leg with one hand, keep the knee bent and in line with the body.

Holding the foot with your other hand, bring the foot downwards (pointing their toes). Hold for 30 seconds and repeat twice.



2. Now bring your child's foot down and inwards. Hold for 30 seconds and repeat 2 times.



Additional information

You can massage the front of baby's feet and moisturise the skin whilst completing the exercises.

Give your baby plenty of time to kick their legs without their feet being too restricted by a blanket or baby gro.

When your baby is being winded or resting on your chest/shoulder ensure that their feet are pointing downwards.

Please be reassured that this should fully correct. Usually within two months.

If you are still worried after this time that your baby is pulling their feet upwards, then do not hesitate to contact the department to make a further appointment.

Contact details

Should you require further advice or information please contact paediatric therapy team on **01772 524114** (office) or **01772 522876** (reception).

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

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This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolem@LTHTR.nhs.uk

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