

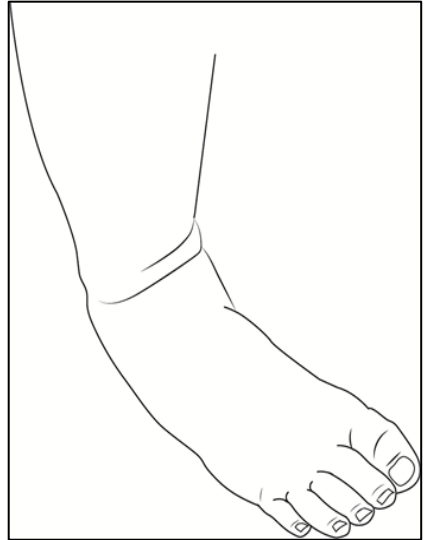
Information for patients and carers

Positional Talipes Equino Varus

What is Positional Talipes Equino Varus?

Positional talipes equino varus (PTEV) is a common condition when the foot points downwards and inwards.

The foot remains flexible and can be moved gently through a full range of movement.



What causes Positional Talipes Equino Varus?

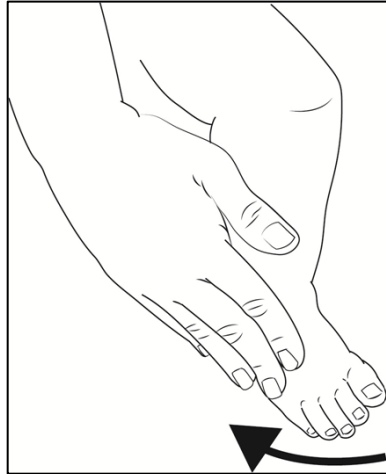
- PTEV is caused by positioning of baby during pregnancy-as the unborn baby develops it lies in a cross-legged position
- This can stretch the muscles on the outside of the leg and cause them to weaken
- Because of this, babies may adopt this position of the feet for a while after being born
- It is also normal for babies' legs to be slightly bowed which can make the feet appear more turned in

What can you do to help?

The majority will self-correct, but you can help by stimulating the weaker muscles so that they become more active and stronger.

It is recommended that you complete the following exercise regularly about 5 times per day or with nappy changes.

Support the leg (above the ankle so that the foot is not fixed) stroke the outside border of the foot from the little toe to the heel.



Ensure that baby is not touching their feet together when doing this.

Additional information

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

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 inwards, then do not hesitate to contact the department to make a further appointment.

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.

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/>

Follow us on social media @lancshospitals

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

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

Please ask a member of staff if you would like help in understanding this information.

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:

patientexperienceandinvolvem@LTHTR.nhs.uk

Department: Core therapies /Paediatric therapy team

Division: Diagnostic and Clinical Support

Production date: August 2025

Review date: August 2028

JR 1353 v1