

# Information for patients and carers

## Metatarsus Adductus



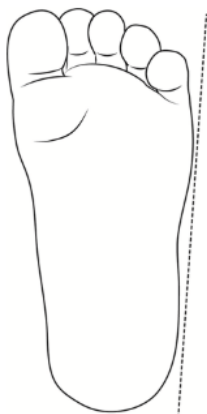
## What is Metatarsus Adductus?

Metatarsus adductus is a common foot condition noted at birth.

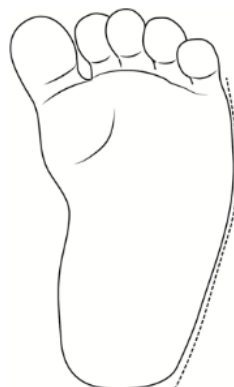
It causes the front part of the foot to turn inwards causing the outside border of the foot to be curved.

There is no structural abnormality to the feet and therefore 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 metatarsus adductus.



*Normal foot*  
- Straight border



*Metatarsus adductus*  
- Curved border

## What causes Metatarsus Adductus?

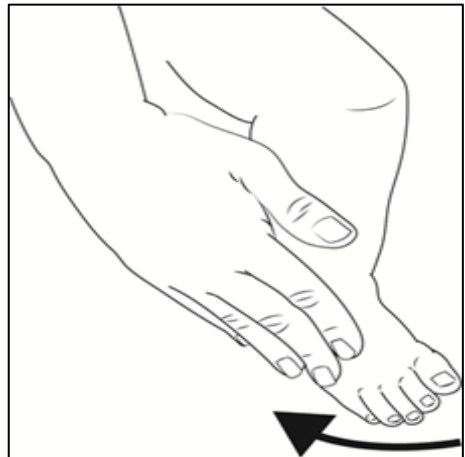
- Metatarsus adductus is caused by the position that the baby adopts in the womb
- Often babies can get stuck in this position for a long time causing the muscles on the outside of the leg and foot to be lengthened and weakened
- The muscles on the inside of the foot become strong and tight

## What can you do to help?

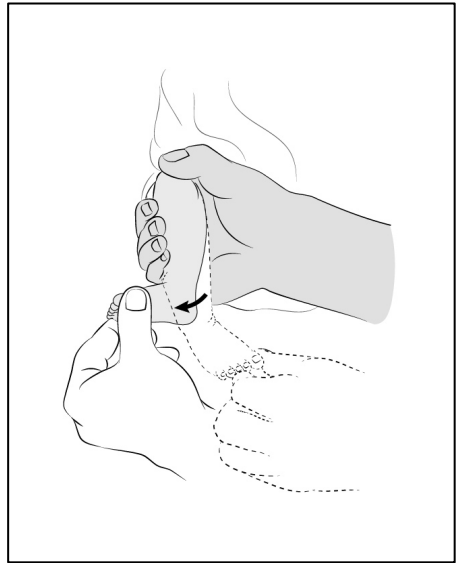
Mild cases will self-correct in the first couple of years, but you can help by stimulating the weaker muscles so that they become more active and stronger, reducing the muscle imbalance.

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

1. 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 the baby is not touching their feet together.



2. Support the leg (above the ankle so the foot is not fixed) and gently stretch your baby's foot outwards towards the little toe. Hold this for 20-30 seconds before slowly releasing the stretch. Repeat this twice.



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.

Once your child is walking, having well-fitted, supportive footwear is beneficial.

## 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](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.lancsteachinghospitals.nhs.uk/veteran-aware](http://www.lancsteachinghospitals.nhs.uk/veteran-aware)

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

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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[patientexperienceandinvolve@LTHTR.nhs.uk](mailto:patientexperienceandinvolve@LTHTR.nhs.uk)

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