

## Other information:

- Please speak to your health visitor or GP who can refer your baby to the Acute Paediatric Physiotherapy Department for further assessment and advice, if required.
- Babies with CV feet are routinely referred for a hip ultrasound scan. This should be performed when they are six weeks old.
- Please speak to your health visitor or GP if you have not received an appointment for a hip ultrasound scan, or if you have any concerns about your baby's hips.



## Contact details:

**0300 019 2121** Monday - Friday, 9am-4:30pm

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# Information for parents about Calcaneovalgus feet



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## What is a calcaneovalgus foot?

Calcaneovalgus (CV) is a common foot condition in newborn babies that may affect one or both feet. A CV foot rests upwards and outwards, with the toes almost against the shin.

The foot remains mostly flexible. It can be gently moved through a normal range of movement. Sometimes there may be tightness when stretching the foot downwards to a pointed position.

The condition is thought to be caused by some muscle tightness around the ankle and the baby's position while in the uterus (womb). It is not caused by problems with the bones in the foot.

## What is a calcaneovalgus foot?

- A CV foot is a temporary condition. It will usually resolve itself within the first few months.
- Once the baby is born, they will have more space to move and stretch their feet. Give your baby some time out of their clothes 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 and stretch.
- Bath time is a good time for a baby to stretch.

## Can exercises help?

- Gentle exercises for the foot may help.
- These should be performed regularly through the day. They will be most effective when your baby is relaxed.
- Hold each stretch for 10-30 seconds, as tolerated.
- Exercises should never be painful or forced.



### Exercise one

Gently move baby's foot inwards to a neutral (straight) position.



### Exercise two

Gently move baby's foot downwards, stretching the top of the foot.

## Seek further medical advice if:

- your baby's foot is stiff or not fully correctable.
- your baby's foot seems painful.
- your baby's foot position has not improved or resolved within a few months.