

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.

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 needed.

Babies with positional talipes EV are not routinely referred for a hip ultrasound scan. Please speak to your health visitor or GP if you have any concerns about your baby's hips.

Contact details:



◀ Please scan the QR code for our website

Acute Paediatric Physiotherapy Department: **0300 019 2121**

To read this leaflet in a different language, please visit our website: www.uhd.nhs.uk/visit/patient-information-leaflets and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499** or email patientexperienceteam@uhd.nhs.uk.

The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

Poole Hospital,
Longfleet Road, Poole, Dorset, BH15 2JB

Christchurch Hospital,
Fairmile Road, Christchurch, Dorset, BH23 2JX

Author: **Tori McGregor** and **Elen Clee** Date: **November 2024** Version: **One**
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Information for parents

Positional talipes equinovarus



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What is positional talipes equinovarus?

Positional talipes equinovarus (EV) is a very common foot condition in newborn babies that may affect one or both feet.

In positional talipes EV the foot rests inwards and downwards, but remains flexible. The foot can be gently moved through a full and normal range of movement.

In-turned feet can be a normal resting position for newborn babies. More stubborn in-turning is thought to be caused by the baby's position while in the uterus (womb).

It is normal for a newborn baby's legs to be slightly curved, which can add to the appearance of the feet turning inwards.

How is positional talipes equinovarus managed?

Positional talipes EV 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.

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 often during the day and will be most effective when your baby is relaxed.

- Hold each stretch for 10-30 secs, as tolerated
- Exercises should never be painful or forced



Exercise one

Gently move baby's foot outwards.



Exercise two

Gently move baby's foot upwards towards the shin.



Exercise three

Gently stroke the outside and front of baby's foot and lower leg, in an upwards direction.