

POSITIONAL TALIPES

Positional talipes is a common condition which can affect one or both of your baby's feet. The cause is largely unknown; it is thought to be due to the position of the baby in the womb. Positional talipes usually improves with gentle stretches.

There are 2 main types of positional talipes, depending on the position of your baby's feet.

1. Talipes Equinovarus

Where your baby's foot turns inwards and the front half of the foot points down.



2. Talipes Calcaneovalgus

Where your baby's foot is pushed up and the front half of the foot turns outwards.



If your baby is diagnosed with talipes, the nurse/midwife will show you stretching techniques to encourage your baby's foot to return to its normal position. If the nurse/midwife is concerned, the neonatal doctor will be asked to see your baby.

What can I do to help my baby?

The repositioning techniques shown below should be performed every nappy change to help stretch the tightened soft tissues.

Stretching Techniques

Talipes Equinovarus

Where the tight muscles are on the inside of your baby's foot.

- » Hold your baby's lower leg with one hand.
- » Use your other hand to gently turn the foot out in line with the lower leg.
- » Hold this stretch for 10–15 seconds. Repeat 3 times every nappy change.



Stretching Techniques (continued)

Talipes Calcaneovalgus

Where the tight muscles are on the front of your baby's foot.

- » Hold your baby's lower leg with one hand.
- » Use your other hand to gently point the toes down away from the lower leg.
- » Hold this stretch for 10–15 seconds. Repeat 3 times every nappy change.



Other ways to help your baby

- » Touching and massaging your baby's lower leg can help to stimulate and strengthen the **muscles that need to work to reposition your baby's foot in the correct position. Use baby oil to massage around your baby's foot and lower leg.**
- » Continue your baby's stretches until you see the Maternal and Child Health (MCH) nurse.
- » It is important to allow your baby to move their feet freely. Avoid swaddling/wrapping your baby's feet too tightly.

If you have concerns

If your baby's condition continues after they are one month old or you have any concerns:

- » Talk to your local doctor (GP), paediatrician or your MCH nurse.
- » If your baby was born at the Women's you may also contact the Neonatal Allied Health Team on (03) 8345 3160.