

Child health information factsheet

Talipes calcaneo valgus

In talipes calcaneo valgus the foot is turned upwards towards the shin.

It is caused when your baby's foot has been resting in a turned up position in the womb.

The bones are normal but the muscles and soft tissue on the outside and front of the leg may be tight.

The muscles on the inside of the leg (which turn the foot in) may be stretched or weak.

This is usually a short term condition that corrects itself once the baby has been born and has room to stretch his or her feet. This can take up to twelve weeks.

Doing exercises on your baby's feet every time you change the nappy can help.



When a baby is born with talipes calcaneo valgus

- You will be given this information leaflet, you should follow the advice
- You will not always see a physiotherapist
- Your health visitor will check your baby's progress.

How you can help

There is some simple advice you can follow to help the foot return to a normal position.

- Give your baby some time out of their baby-grow to allow him or her to kick their legs freely
- Bath time is a good time for kicking
- Make sure your baby's clothes are not too tight around their feet.

Massaging

The skin across the front of the ankle is often tight and prone to cracking.



Massaging the feet with baby oil or pure olive oil before stretching can help relieve this.

Stretches

You can do these stretches on your baby's foot to speed up the recovery.

Try to do each exercise three times:

- Hold the baby's heel in one hand grasping the ball of the foot between your index finger and thumb
- Use your other hand to hold around the lower leg with the knee bent. Gently but firmly push the baby's foot down to point the toes. Hold for about 10 seconds.

If you have any questions or concerns please contact

The paediatric physiotherapy department

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If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone **023 8079 4688 for help.**