

Congenital Talipes Equinovarus or 'Clubfoot'

A Guide for Parents

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What is Congenital Talipes Equinovarus?

Your baby has been diagnosed as having Congenital Talipes Equinovarus (CTEV) or a clubfoot. This is when a baby is born with their foot/feet turned in and pointing downwards. The exact cause is unknown but CTEV does occur very early in the pregnancy at around 14-16 weeks.

What is the treatment?

Your baby will have a series of plaster casts applied to stretch the foot/feet out. This can be started from around 2 weeks of age. These plasters are usually changed weekly for 4 to 8 weeks.

Often your baby will require a small operation to fully correct the foot/feet. This is often followed by a further plaster cast.

Usually the foot/feet will require the use of a splint for longer periods of time to maintain a good position. This is often till the age of 4 or 5.

What happens next?

When your baby is born he/she will be assessed by an Orthopaedic Specialist Physiotherapist and sometimes by an Orthopaedic Surgeon. They will then talk you through the stages of treatment for your baby depending on the assessment. You can meet with the Physiotherapist before your baby is born to discuss the treatment. This can be a good opportunity to discuss any worries you have about your baby's foot/feet.