

All of our Therapists have a degree or equivalent in Occupational Therapy or Physiotherapy, some to Masters level. All our therapists are registered with the Health Professions Council and receive regular post graduate training.

Our service is founded in evidence-based practice and is benchmarked against other local services and best practice groups.

We continue to review our service to make sure that it meets the needs of those who are using it.

We would appreciate any suggestions on how we may improve and also comments on what was good about the service.

If you have any compliments, suggestions or complaints, please write to or contact:

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Positional Talipes Equinovarus (PTEV)



Positional talipes is a foot condition which normally develops because your baby did not have enough room to move his/her feet in the womb.

When your baby is born, one or both of his/her feet may be pointing down and turning inwards.

The foot is not fixed in this position and can be moved through the normal range of movement.

Positional talipes is usually a short term condition that corrects itself once your baby has been born and has room to stretch his/her feet. The majority of improvement/correction will occur within the first twelve weeks. If you are concerned that the foot is stiff or not improving, consult your child's doctor or health visitor who may refer you to physiotherapy.



Positional talipes equinovarus

There is some simple advice you can follow to help speed up the correction of positional talipes.

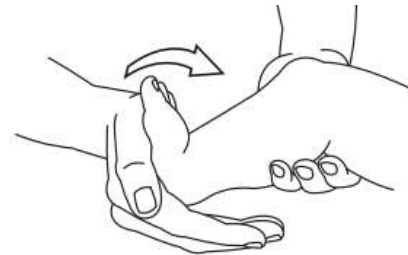
How to help

Ensure your baby's clothing is not too tight and that time is spent out of clothing to allow him/her to kick his/her legs freely. Bath time is a good time for kicking.

Stretches



- Gently move your baby's foot outwards. Hold this position for 10 seconds. This stretch should be completed regularly – 3 or more times a day, if possible.



- Gently move your baby's foot upwards towards the shin and hold for 10 seconds. This stretch should be completed regularly – 3 or more times/day, if possible.



- Gently stroke the outside of your baby's foot and calf, from toes towards the ankle. This will stimulate the muscle and help it grow stronger. This should be carried out at every nappy change.