

ii Bracing

Your baby will wear a combination of boots and bars and recommended shoes. These are very important to keep the foot in the correct position at all times and guide the bones to grow correctly. The Orthotist will work with you for the fitting of the boots and bars and shoes and will provide follow-up appointments to keep up with your baby's growing feet.

It is very important to follow these guidelines for bracing because there is a 100% chance that your baby's feet will return to a clubfoot position without proper use of braces.

Guidelines for Brace Wear

Baby not weight bearing

Age: less than 4 months old



Braces are worn 23 hours/day.

Braces removed to bathe baby, play, and do stretches



Boots and Bars

Baby is weight bearing, (usually)

Age: older than 4 months old



When baby is putting weight on their feet (using the exo-saucer, crawling or walking or standing) running shoes will be prescribed by the Clubfoot Clinic

At all other times the boots and bars are worn.

Boots and bar should be worn at least 12 hours out of 24 hours (Usually all night and nap time)

iii Weight Bearing

Your baby is able to weight bear when he or she has enough head and trunk control (about 4 - 6 months in age). Weight bearing will begin using an ExerSaucer and progress to walking on their own.

When your baby begins to stand and walk, it is important to keep the corrected position by wearing recommended footwear (especially prescribed running shoes) and watching for appropriate walking patterns. By keeping an eye on how your baby stands and walks, you will be able to tell the clubfoot clinic team about progress or any problems.

What to look for:

- Baby must not be standing on toes
- Feet (including the heel) must be flat on the ground
- Foot should not turn onto the outside edge



STRETCHES FOR CLUBFOOT:

Out of cast / pre-walking age



Information for Parents and Guardians



An agency of the Provincial Health Services Authority

4480 Oak Street,
Vancouver BC, V6H 3V4
604-875-2345
1-888-300-3088
www.bcchildrens.ca

Information for Parents

Two stages of clubfoot treatment program

1. Correction

With the help of your orthopaedic surgeon and the clubfoot clinic team, your baby's clubfoot has now been corrected. Your baby has successfully completed the first stage of his/her clubfoot treatment.

2. Maintenance

Your baby's foot will always return to a clubfoot position if the corrected position is not maintained. Correction was the job of the clubfoot clinic team, maintenance is the job of the parents/caregivers and involves three things:

i Stretches and Strengthening

ii Brace Wear

iii Weight bearing in correct position

The chance of your baby's feet going back into a clubfoot position decrease as your baby begins to stand.

Standing on the feet helps the bones grow into the right shape and position. Until your baby is able to stand, it is important to continue with stretches and brace wear to keep proper foot position.

i Stretches and Strengthening (Do 2 times a day)

Stretch 1: Metatarsus Adductus (stretching instep out)



A) You will notice the front part of the foot and toes turn in. Place your thumbs on the inside of the foot. Grasp the heel between the thumb and index finger of the other hand.



B) Gently stretch the front of the foot away from the heel.

Hold for 5 – 10 seconds
Repeat 10 times

Stretch 2: Ankle Plantarflexion (foot goes down)



A) Grasp the heel with thumb and index finger and hold the foot in a neutral position



B) With the other hand, grasp the midfoot and gently pull the foot to point downwards

Hold for 5 – 10 seconds
Repeat 10 times

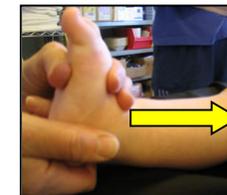
Stretch 3: Ankle Dorsiflexion (foot goes up)



A) Grasp the heel firmly with thumb and index finger



B) Pull the heel downward to stretch the back calf muscle, with the other hand firmly supporting the midfoot.



C) Gently push the foot up toward the calf. Make sure you push from the middle or back of the foot not from the front (toe end)

Hold for 5 – 10 seconds. Repeat 10 times

Stretch 4: Toe Stretches



A) Grasp the great toe, hold it straight and gently push it up keeping the ankle at 90 degrees



B) Grasp all four baby toes and gently push them up keeping the ankle at 90 degrees

Hold for 5 – 10 seconds
Repeat 10 times

Strengthening



A. To maintain the correction of the stretches, we need to strengthen the muscles in the toes. Tickle the 4th and 5th toes for a few seconds. The baby will lift the foot up and out as it stretches. Stroke the outside of the calf and foot

Repeat 10 times