

Bare Feet

Your child should wear shoes at all times except when bathing and stretching.

Splints

Sometimes it is difficult to keep the clubfoot in the corrected position as your child grows and becomes more active. If this happens you may need to use a special splint or brace that will be made for your child.

The Orthotist will give you instructions on how to use this. Follow them exactly.



Contact Information

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Monitoring Program

Your appointments will be less often, but the clinic will always measure how much movement there is at the ankle and how much the front of the foot curves. The clinic staff will also watch your child walk.

Recurrence

As the boots and bars are only worn at night time and nap times it is VERY important to watch for signs of the Clubfoot coming back:

Signs to look for:

- ▶ Standing and walking on tip toes
- ▶ Rolling on to the outside edge of the clubfoot
- ▶ Unable to get the heel to the floor when standing still
- ▶ Difficulty getting stretches done and the heel-cord feels tight.
- ▶ Change in comfort with foot wear.

If any of these start to happen please contact the clubfoot clinic as soon as possible.

Growing Feet

Like the rest of your child their feet will continue to grow.

Please contact the Orthopedic Clinic or Orthotist if your child has outgrown their runners, braces etc. Time out of supportive footwear will lead to the clubfoot coming back.

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MAINTENANCE FOR CLUBFOOT:

"Now you are
walking"

1 year to 3 years



Information for Parents and Guardians



An agency of the Provincial
Health Services Authority

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Changing to runners

After your baby has been wearing the boots and bars full time (22 hours a day) there will be a gradual change into day time footwear for walking. E.g. Runners

- 1** Begin wearing the running shoes for 20 minutes 3 times a day when your child is active. E.g. Standing using the Exer Saucer.
- 2** Over the next two months slowly increase to 60 minutes 3 times a day.

By the time your baby is 10 months old the goal is to be in the running shoes at least 2 hours 3 times a day. The running shoes may have special inserts to help keep the bones in a good position. This can be done by the Orthotist during your clinic visit if it is required.

Boots and bars will still be used at night time and nap times until your child is three years old.



Stretches and Activities

The treatment of clubfoot involves the correction of the foot position and maintenance of that correction by stretches and standing.

As your child first starts to walk their feet may be wide apart for balance and they place the foot flat on the floor. The foot may look as if it is rolling in, that is ok at this stage.

In the Exer Saucer make sure they can have feet flat on the floor and ensure no rolling onto the side of the foot. Remember no tippy toes. Do not leave the baby unattended.

We do not recommend the use of a "Jolly Jumper" as it may encourage the baby to be on their toes not a flat foot.

As the baby moves around on the floor and is able to start sitting up by themselves make sure the feet don't get stuck underneath them in the club foot position.



You will continue to do stretches at least twice a day.

Walking

Most babies will be able to walk by themselves between 12 and 15 months. Some babies will walk earlier, some a little later. Your club foot team will watch your baby's progress and make treatment suggestions as needed.

After the age of 2-3 years your child should start to walk by putting their heel down first and pushing off with their toes. The foot should point forward.

You will still need to do stretches but can start to encourage activities to help stretch the heel cord such as squats and lunges.

