

MAINTENANCE FOR CLUBFOOT:

"Now you are walking"



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



3 years and Older Information for Parents and Guardians

Early Walking 3 years

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



Keep doing the stretches at least twice a day.



Shoes for normal activity will continue to be the running shoes suggested by the clinic. Any other shoe options should be discussed with the Clubfoot Clinic Team.



Mature Walking 3 years to 5 years

As your child continues to grow and develop their walking will also mature. After the age of 2-3 years they should start to put their heel down first and push off with their toe for the next step. 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.

TRY TO AVOID SITTING POSITIONS THAT ALLOW THE FOOT TO BE SAT ON.



As your child is no longer wearing boots and bars, it is **VERY** important to watch for signs of the Clubfoot coming back.

What 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.
- ▶ Discomfort with footwear.

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

Developed by the health care professionals of the Orthopedic Clinic with assistance from the Department of Learning & Development

Activities and Exercises

Exercises to do:

LUNGE



Both feet must point forward and the heels stay on the ground as you slowly bend the front knee. The back leg stays straight

SQUAT



Feet must point straight ahead and as the knees bend the heels stay on the ground. Hold for 10 seconds, stand up tall and then repeat the stretch (10 times)

BALLET or HOCKEY

(Great to do when cleaning teeth)



1. Get your feet in the ballet or hockey position
2. Clean your teeth.

Sports and Games

Some sports and games will feel more comfortable than others. Try different activities and see which your child enjoys. Sports to try are skating, dance, gym, and karate. Many children with clubfeet enjoy soccer and other team sports.

Ask the Clubfoot Clinic team for other sports ideas.

Contact Information

Office of Dr. Christine Alvarez
4480 Oak Street
Vancouver, BC, V6H 3V4

Office: 604-875-2178

Bracing for the Older Child

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. You will get instructions on how to use the brace or splint. Some are made for daytime in the shoe and others might be just for night time.

It is very important you follow the instructions.



Monitoring Progress

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.

At certain times you will have a gait analysis done at Sunny Hill Health Center in Vancouver.

Growing Feet

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.

Regular Shoes

After the age of 6 years, you may purchase your shoes at any shoe store.

Tips to look for supportive shoes:

- ▶ Firm heel support
- ▶ Straight sole of the shoe

