

Positional Talipes Equino Varus (PTEV)

Paediatric Management Advice Leaflet

What is PTEV?

Positional talipes describes the downwards and inwards position of the foot following birth. It is a common condition seen in babies. The foot is not fixed in this position and can be moved through the normal range of movement. It is due to tightness in the muscles around the ankle. It is not caused by problems with the bones in their foot and will not cause any problems with walking.



Why does it occur?

Talipes normally develops due to the baby having limited space in the womb to move and stretch their feet. In most cases, there is no identifiable cause. This is called idiopathic talipes. There is a genetic part to the condition. This means if someone in your family has talipes, there is a higher risk of you having it. It is more common in boys than girls.

Will my child need treatment?

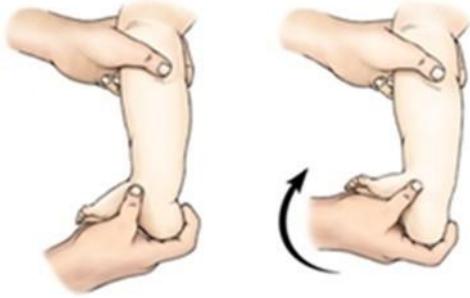
PTEV will normally improve itself without any treatment; however some exercises may speed up the recovery. Follow the below advice with your baby:

- Give your baby some free time out of their baby-grow to allow them to kick their legs and move their feet freely.
- Make sure your babies clothes (e.g. leggings and baby-grows) are not too tight around their feet.
- Avoid wearing baby shoes.
- If your baby's positional talipes does not improve within 2 months you should visit your GP as they may need further treatment.



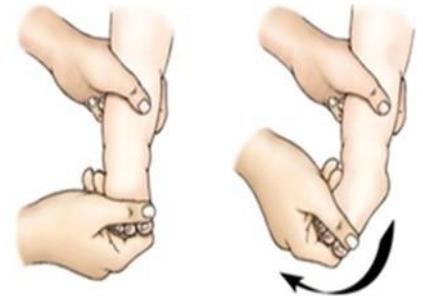
Stretches

Try to complete the below stretches regularly throughout the day i.e. at nappy and clothes changes. The stretches should be continued until your baby's foot is maintained back resting in a midline position and they are able to move it freely. There are no known risks or side effects to these exercises, and they are not painful for your baby.



Place one hand on your baby's knee. Grasp your baby's foot with the palm of your other hand placing your index finger above the heel. Gently bend their ankle up towards their shin and straighten it down to point their toes.

Stabilise your baby's leg with one hand on their shin, just above the ankle. Place your other hand around the middle of their foot. Gentle bring their foot back into a midline position so their foot is alignment with their leg, and then gentle stretch it out to the side a little bit further.



Sensory stimulation

To help encourage your baby's muscles to strengthen, which in turn will help to correct the position of the foot, gently stroke along the outside of their foot, up along the outside of their leg, using your fingers and textured materials such as cotton wool, soft make up brushes, towels and blankets. Carry this out for 2-3 minutes after you have completed their stretches.

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