



# POSITIONAL TALIPES

Positional talipes is a common condition which can affect one or both of your baby's feet. The cause is largely unknown; it is thought to be due to the position of the baby in the womb. Positional talipes usually improves with gentle stretches.

There are 2 main types of positional talipes, depending on the position of your baby's feet.

## 1. Talipes Equinovarus

Where your baby's foot turns inwards and the front half of the foot points down.



## 2. Talipes Calcaneovalgus

Where your baby's foot is pushed up and the front half of the foot turns outwards.



If your baby is diagnosed with talipes, the nurse/midwife will show you stretching techniques to encourage your baby's foot to return to its normal position. If the nurse/midwife is concerned, the neonatal doctor will be asked to see your baby.

## What can I do to help my baby?

The repositioning techniques shown below should be performed every nappy change to help stretch the tightened soft tissues.

## Stretching Techniques

### Talipes Equinovarus

Where the tight muscles are on the inside of your baby's foot.

- » Hold your baby's lower leg with one hand.
- » Use your other hand to gently turn the foot out in line with the lower leg.
- » Hold this stretch for 10–15 seconds. Repeat 3 times every nappy change.



## Stretching Techniques (continued)

### Talipes Calcaneovalgus

Where the tight muscles are on the front of your baby's foot.

- » Hold your baby's lower leg with one hand.
- » Use your other hand to gently point the toes down away from the lower leg.
- » Hold this stretch for 10–15 seconds. Repeat 3 times every nappy change.



## Other ways to help your baby

- » Touching and massaging your baby's lower leg can help to stimulate and strengthen the **muscles that need to work to reposition your baby's foot in the correct position. Use baby oil to massage around your baby's foot and lower leg.**
- » Continue your baby's stretches until you see the Maternal and Child Health (MCH) nurse.
- » It is important to allow your baby to move their feet freely. Avoid swaddling/wrapping your baby's feet too tightly.

## If you have concerns

If your baby's condition continues after they are one month old or you have any concerns:

- » Talk to your local doctor (GP), paediatrician or your MCH nurse.
- » If your baby was born at the Women's you may also contact the Neonatal Allied Health Team on (03) 8345 3160.