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.

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.

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.
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 babies 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 Nurse.
» It is important to allow your baby to move their feet freely. Avoid swaddling/wrapping your baby’s feet too tightly.

Physiotherapists at the Women’s can help

**Contact us:**

» If you need further information.
» If your baby’s condition continues after they are one month old.

Telephone (03) 8345 3160 for an outpatient appointment.