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A Basic guide to Postural / Positional Talipes



Information for Parents

Postural / Positional Talipes

Your baby has been diagnosed with a positional talipes which may have been caused by the way the baby was lying inside mum.

This is not a rigid deformity and is easily correctable.

After birth your child will start to move their feet spontaneously now that they have room to do so and you will see the deformity gradually improving.

To help correction you can massage and exercise your baby's feet in the following way:

Support the leg behind the knee with one hand. Using the other hand, gently but firmly tickle down the outside of the shin towards the baby's toes.

You should see the baby's foot moving upwards and outwards into the corrected position. This can be attempted a few times every nappy change.

You can also massage your baby's feet using baby oil, and gently mobilize the foot into the corrected position.

Normally, you will have seen a Physiotherapist while in hospital, who will demonstrate the technique to you.

A positional talipes will respond to this treatment and fully correct.

Your child will also be sent for a routine hip scan once identified as having positional talipes. This will be arranged by the Hospital and you will receive the appointment within six weeks of birth.