

# Positional talipes calcaneovalgus

## Information for parents and carers

### What is positional talipes calcaneovalgus?

Positional talipes calcaneovalgus occurs in the last three months of pregnancy when the baby has less room to move. The foot/feet tend to be held in an upward and outward position much of the time and can be stretched into the corrected position. The sole of the foot is flat and does not have a curved “rocker bottom”.

### What is the treatment for positional talipes?

Positional talipes calcaneovalgus is correctable and will resolve within 2-3 months. Physiotherapy is not normally needed as babies tend to naturally correct the position themselves as they develop their kicking. The position of the foot is usually improved by the time the baby is three months old. There should be no long-term problems with standing or walking.



### Stretching exercises

If you would like to do some foot exercises with your baby you can carry out some gentle stretching. You can do this as part of your daily routine eg when feeding.

Gently hold the baby's foot in a position where the ankle and toes are pointing downwards and the foot is not turning inwards nor outwards.

### When and for how long?

Do this during daytime feeds for as long as the baby tolerates it.

### Clothing

Try to ensure your baby's clothes are loose enough to allow room for kicking, as this will encourage active movement of the feet.

### More information

For more information about the children's physiotherapy service at the Royal Free London, please visit our website:

[www.royalfree.nhs.uk/services/services-a-z/childrens-services/childrens-physiotherapy](http://www.royalfree.nhs.uk/services/services-a-z/childrens-services/childrens-physiotherapy)

### Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email:

[rf.communications@nhs.net](mailto:rf.communications@nhs.net)

## **Alternative formats**

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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