

## Patient information

# Talipes calcaneovalgus (TCV)

Talipes calcaneovalgus occurs when your baby's foot rests in a turned up position whilst inside the womb.



### Talipes calcaneovalgus

- Dorsiflexion
- Foot lies on outer border of leg
- Structural cause rare

The bones are normal but the muscles and soft tissues in the outside and front of the leg may be tight, whilst the muscles on the inside of the leg (which turn the foot in) may be stretched and/or weak. One or both feet can be affected by this condition, and it can take several weeks or even months to fully resolve.

Often only exercises / stretches are needed to correct your baby's foot. Very occasionally, a type of soft splint may be required if the foot is very stiff. This would gently stretch the tight muscles. Your Physiotherapist will discuss this with you if it is felt to be necessary.

## What happens when a baby is born with TCV?

If possible, your baby will be seen on the ward within the first few days of birth. If this is not possible your baby will be referred for an outpatient physiotherapy appointment.

A paediatric physiotherapist will examine your baby's feet and will discuss with you the treatment process. This involves a series of stretches to correct the position of the foot. Your physiotherapist will show you how to do these. These will need to be done regularly every day, usually at every nappy change. Your physiotherapist will demonstrate these to you.

Do each exercise three times.

## Exercises

### 1 To stretch the tight muscles on the front of the ankle

With your baby's hip and knee bent to 90° / right angles, hold the heel between your index finger and thumb.

Use your other hand to hold the foot as shown.

Moving the whole foot, gently point toes down as far as able and hold for up to 5 seconds.



### 2 To stretch tight muscles on the outside of the ankle

With your baby's hip and knee bent to 90° / right angles, support the calf with one hand and with the other hand hold baby's foot between your thumb and index finger (as shown).

Gently move the foot downwards and inwards and hold for up to 5 seconds.



### 3 The strengthen weak muscles on the back and inside surfaces of the leg

After a few weeks your physiotherapist may show you another exercise to help activate the calf muscles.

### General care

- Give baby some time out of baby-gro and nappy to allow them to kick their legs freely.
- Bath time is a good opportunity for kicking.
- Check your baby's clothes are not too tight around the feet.
- Massage with olive oil or a suitable baby moisturising cream is nice for your baby – concentrate around their foot and leg.

### What happens when you leave hospital?

Your baby is followed up at two weeks as an outpatient in the physiotherapy department. At this point it will be decided how frequently your baby will need to be seen.

If you think your baby is being caused discomfort by any of these exercises, stop doing them and contact your physiotherapist.

### Contacts

Remember your physiotherapist is always available for help and advice should you have any further concerns or queries about your baby.

Contact the therapies department on: **01284 713300**.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)*

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

