

## Child health information factsheet

# Positional talipes equino varus (PTEV)

PTEV is a foot condition, which normally develops because the baby does not have enough room to move its feet while in the womb.

When the baby is born one or both of its feet may be pointing down and turning inwards.

The foot is not fixed in this position and can be moved through the normal range of movement.

PTEV is usually a short-term condition that corrects itself once the baby has been born and has room to stretch its feet. This may take up to twelve weeks.

Sometimes a baby will need further assessment and treatment such as gentle plaster casting.



Normal PTEV

There is some simple advice you can follow to speed up the recovery of PTEV.

When a baby is born with PTEV a health professional will check their feet and talk through the information on this sheet. You will not always see a physiotherapist.

You should follow the advice given and your health visitor will continue to monitor your baby's progress.

### How to help

Give your baby some time out of their baby-gro to allow him or her to kick their legs freely. Bath time is a good time for kicking.

Make sure your baby's clothes are not too tight around their feet.

### Stretches

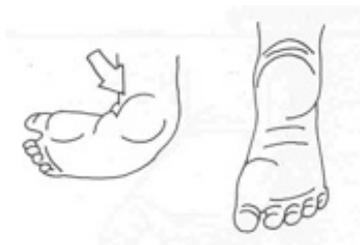
You can do these stretches on your baby's feet to speed up the recovery:

- Hold the foot in one hand with the heel in your palm
- Gently but firmly move the foot so the toes point up
- Hold it for around ten seconds.



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Hold the end of the foot in one hand and gently but firmly move the foot outwards to be in line with the heel.



Gently stroke the outside of the baby's foot and calf. This will wake up the lazy muscle and help it to work properly.



If your baby's feet do not improve in six weeks or you have any concerns please contact:  
Denise Hart - senior paediatric physiotherapist: **023 8079 4560**.

Please leave the name of your child, his or her date of birth, your telephone number and a short message regarding your question or concern.

## **If you have any questions or concerns please contact**

The paediatric physiotherapy department, B level, west wing,  
Southampton General Hospital: **023 8079 4560**

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an interpreter or a version in large print,  
Braille or on audio tape, please telephone  
023 8079 4688 for help.**