

BOOTS & BAR Orthosis- Information Sheet

Geelong Orthotics

Geelong Hospital Paediatric Orthopaedic Unit

Important information for Parents

Boots & Bar is an essential part of treating clubfoot. It maintains the correction achieved through plaster casting.

- Feet affected by clubfoot are usually set at 70 degrees of external rotation (turned out) the non affected foot is at 45 degrees unless otherwise instructed by Orthopaedic Surgeon.
- The boots & bar are to be worn 23 hours per day for the first three months, day and night after the last cast is removed. The brace is only to be removed for a bath once a day.
- After the first three months the child should wear the boots and bar at naptime and all night for up to 14-16 hours.
- This continues to the age of 4 years old. Unless otherwise instructed by Orthopaedic Surgeon.



The first few days

Your baby is going to fuss in the beginning, probably for anything from two days to a week, depending on the baby. Generally this is due to the fact that they are unable to move their legs independently. The brace feels "odd" not painful. Bending and straightening your baby's knees with the brace on helps teach them to kick their legs together. Nights may be difficult but keep persevering with the brace.

WE DO NOT RECOMMEND 'NEGOTIATING' (making deals) with the child as this may result in a longer period of adjustment. If you are concerned that your baby is in discomfort please contact us.

Clothing

Footless jumpsuits, dresses and overalls with press button crotches will be easiest for the first three months of fulltime brace wear.

Troubleshooting

If your child is escaping from the brace ensure that you are putting the brace on correctly. If the ankle strap is not firm enough you will be able to pull a foot out of shoe. **The heel should remain flat on the bottom of shoe.** If you are having difficulties applying the brace correctly or your child is still escaping, please contact us immediately.

Skin Checks

Check your child's skin regularly, especially for the first few days, some mild redness over the top of the foot is normal and should disappear within 10 minutes of brace removal. Check the heels and side of the big toes as these areas are the most common for pressure. If there is any redness that doesn't disappear after 10 minutes, or if you are concerned please contact us.

You must understand that without diligent bracing, the correction we have all worked to gain may be lost as the foot tightens back up. Clubfoot management has two specific phases, casting and bracing which are both equally important.

There maybe a few difficult nights as the baby becomes used to the brace. You must **continue**, the baby will learn that this is their sleep routine.

If you have any problems or questions about the Boots and Bar Orthosis, please do not hesitate to contact us.

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