

METATARSUS ADDUCTUS - Fact Sheet

Geelong Orthotics Geelong Hospital Paediatric Orthopaedic Unit

What is Metatarsus Adductus?

Metatarsus adductus is a common foot deformity noted at birth that causes the foot, or forefoot to turn inward

What causes Metatarsus Adductus?

The cause of metatarsus adductus is often postural.

It occurs in approximately 1 out of 1,000 to 2,000 live births and affects girls and boys equally.

- Family history
- Position of the baby in uterus (breech position)
- Prone sleeping position

Babies born with Metatarsus Adductus may also be at increased risk of having an associated hip condition known as **Developmental Dysplasia of the Hip (DDH)**

Treatment

Treatment depends on the severity of the condition.

Stretching exercises
Serial plaster casting

Stretching Exercises

Gentle stretching of the foot.

A Paediatric Physiotherapist is recommended to instruct you with this procedure.

Casting

Your child may have a series of casting to correct the position of the foot.

How many casts are required depends on the severity of the foot/feet.

The cast will be changed on a weekly or fortnightly basis.

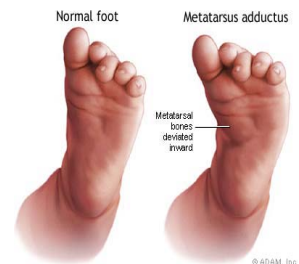
After casting your child may be required to go into a boot & bar for a period of time

This is to maintain the correction and position of the foot/feet.

Bracing

Boots and Bar orthosis may be used to maintain positioning and stretching for a prescribed period of time, often just for night use for children who are walking.

BeBax Boots or **Ankle Foot Orthoses** can be used on single legs to stretch the tightened rearfoot and forefoot.



If you have any problems or questions about your Child's orthosis, please do not hesitate to contact us.

Geelong Orthotics Pty Ltd

70 Bellerine St, Geelong 3220

p - 03 5224 2200 F - 03 5223 3229

e - info-sales@geelongorthotics.com.au

w - geelongorthotics.com.au



Barwon Health - Geelong Hospital

Paediatric Orthopaedic Co-Coordinator

0409 334744