

Clubfoot – PONSETI METHOD

Geelong Orthotics

Geelong Hospital Paediatric Orthopaedic Unit

What is Clubfoot?

Clubfoot C.T.E.V

- Congenital – Present at birth
- Talipes – Referring to foot and ankle
- Equino – Pointing downwards
- Varus - and inwards
- Approximately 1-2 per 1000 births.
- Half of the children born with talipes have both feet affected.
- It is three times more common in boys than girls.



Will My Child be in Pain?

Your baby should not find the condition painful HOWEVER it is normal that they may protest at being examined and having plaster casts applied. All casting is done in a gentle manner. No force is applied.

Treatment of my Child's feet using the Ponseti Method

The treatment involves serial manipulation and plaster casting of the clubfoot. The ligaments and tendons of the foot are gently stretched with weekly, gently manipulations.

A plaster cast is then applied after each weekly sessions to retain the degree of correction obtained and to soften the ligaments.

Five long leg casts (from toes to the hips) are applied with the knee at a right angle. After removal on the 4th cast the Orthotist will measure for boots & bar bracing.

After the 5th cast a Tenotomy is performed. This procedure is done in the outpatient's department plaster room. This is a quick (3-4 second) cut of the Achilles tendon under local anaesthetic.

Following the tenotomy, the foot is placed in a long leg cast for three weeks.

Once the cast is removed your child will be fitted with a special orthopaedic device known as the Denis Browne Bar (Boot and Bar) by an Orthotist. The boot and bar is worn fulltime (23hours a day) for the first three months then at naptime and night time up to the age of four years old. It is very important that this routine is followed. Without the bracing the deformity can recur.

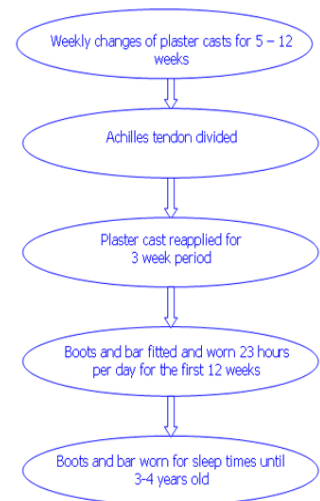
Why is the Ponseti Method so good?:-

It does not require surgery.

Better long term health outcomes for these children. The feet are flexible and mobile after treatment.

Patients are closely monitored and any follow up action is taken immediately

Treatment can begin within 48 hours of birth and continues for the first 4 years of life.



The Geelong Clubfoot Support Group

Meets on a regular basis and is a Great way to meet parents of children who are going through the same Ponseti Method of treatment. Exchange ideas with parents and treating health staff

A great way to support each other through the group morning teas.

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