

# Foot exercises for your baby (positional talipes equinovarus)

Paediatric Physiotherapy

Information for Patients and Carers

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## Introduction

Positional talipes equinovarus means that your baby was born with a slightly altered foot position. This can usually happen because of the way they were lying in the womb.

It is important that you do regular exercises to lengthen your baby's tight muscles. This is to help correct the position of their foot in preparation for walking. We recommend that these exercises are done regularly every day, for example at each nappy change.

## Stretches

1. With your baby's hip and knee at right angles, hold the heel bone firmly with one hand between your first finger and thumb. Use your thumb and finger to correct the position of the heel so it is in line with the calf.

With the other hand, grip across the base of your baby's toes and turn the forefoot outwards until it is in line with the leg and the side of the foot is straight.

Hold for 10 seconds.

Repeat 3 times.



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2. Using the same position as in the first stretch, with the foot held up to the shin, gently straighten baby's knee to stretch the tendon at the back of the heel.

Hold for 10 seconds.

Repeat 3 times.



3. Using the same positions as in the first 2 stretches, with the forefoot in its corrected position, push baby's foot gently up towards the shin.

Hold for 10 seconds.

Repeat 3 times.



4. Stimulate your baby to make these movements themselves by stroking along the outside of the foot from toe to heel, around the ankle bone and up towards the knee.

Repeat 10 times.

## Contact details

If you have any problems with the exercises contact the Physiotherapy Department on 0116 258 5816, or talk about the problem with your physiotherapist at your next appointment.

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