

Positional Talipes - Sheet B



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If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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What is Positional Talipes

This is a foot condition which is usually caused by the baby not having room to stretch its feet in the last weeks of pregnancy. It is normally a temporary condition and corrects itself once the baby has been born and has room to move. This correction can take up to twelve weeks. Doing exercises on your baby's feet every time you change the nappy can help.

1. Foot stretch



Hold the baby's knee in your hand keeping it slightly bent. Grasp the ball of the foot between the index finger and thumb of your other hand. Take the baby's foot down, ensuring that you are not just bending the front of the foot. Hold the position for three seconds then release. The pressure used should be firm but gentle.

2. Foot massage

The skin across the front of the ankle is often tight and prone to cracking. Massaging the feet with baby oil or pure olive oil before stretching can help this.

Your baby's feet should correct within 6 - 10 weeks. If they do not or you have any concerns about your baby's feet please call the physiotherapy department on 01722 425280 giving the name of your child, the date of birth and a contact phone number.

Your physiotherapist is called.....

With grateful thanks to the Physiotherapy Department at Southampton University NHS Trust who gave us permission to base this information sheet on theirs.

Physiotherapy Department
01722 425280