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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](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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## ***Helping your baby's feet to have a 'kicking start'***

Your baby was born with mild stiffness of their foot or feet. This is sometimes called a positional (or correctable) talipes.

During the final weeks of pregnancy there is less room for your baby to move. Their feet can become moulded to the position they were resting in.

Now that your baby has freedom to move, their foot position should improve over their first few days. Their feet should move normally and there will be no stiffness by 6 weeks. Children born with correctable talipes learn to stand and walk at the same rate as other infants.

You can help your child by:

- encouraging your baby to kick and move their feet and ankles by stroking and touching their feet
- dressing them in clothing that has room for their feet to move, for example avoid tight baby grows
- ensuring your baby can rest with space to kick, for example safely in their crib or under a baby gym
- avoiding leaving them sitting in a car seat for long periods of time
- supporting and holding your baby to enable them to splash in the bath. You will find that you baby will often move their legs more in the bath.

If you are concerned that your baby's feet are not moving or still feel stiff, especially after 6 weeks of age, please speak to your health visitor or GP who can consider a referral to see a children's physiotherapist.

**Children's Physiotherapy**

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