Ponseti Boots and Bar

Your child has received Ponseti boots and a bar as part of their treatment. Follow the instructions in this handout to properly put them on.

How It Works
The club foot bar and boots keep the clubfoot in the corrected position. It is important to use the bar and boots as directed. This helps keep the foot from going back to how it was before the cast and/or surgery. Both feet are braced even if the clubfoot is only on one side.

Most patients will wear the bar and boots for up to 3 years, or sometimes, even longer. Your child will start out by wearing the devices 24 hours a day. In time, your child will only use it during naps and overnight. Your doctor will share this timeline with you.

How to Put On the Boots
To learn how to put on and take off the Ponseti Boots and Bar, click here or scan the QR code to watch the video.

1. Apply a thin cotton sock that goes above the top of the shoe. There should be no wrinkles or sags on the socks. **These boots should never be used without socks.**
2. Place the foot in the boot. Make sure the heel is all the way down and at the back of the boot. Press down with your thumb to keep the foot in place. Make sure the buckles are placed to the inside of the foot.
3. Apply the tongue of the boot over the middle of the foot. Secure the middle strap first. Make sure the strap is snug enough that your child cannot wiggle the foot. Do **not** overtighten the straps. Straps that are too tight can lead to sores or skin irritation.
4. Tighten the top strap next and then the bottom strap.
5. Look through the holes in the back of the boot to make sure the heels are all the way down and back. If the heel is not in the correct position, loosen the straps. Reposition the foot.
6. If a doctor has applied a pressure saddle (pringle chip), it should always be on the middle strap.

How to Attach the Bar

1. Once the boots have been applied, attach the bar. Look for the R and L. Attach the right and left boots to the bar. Do **not** change the angles of the bar without your doctor's permission.
2. Slide the bar into the grooves of the bottom of the boots and click into place.
3. To take the bar off the boots, press the PUSH tab. Gently pull the bar out.
4. The bar should be set to the width of the child's shoulder blades. You may need to widen the bar as the child grows.

Home Care

- The child might be fussy the first 24-48 hours using the devices.
- You may use Tylenol® for pain control.
- The child may have swollen legs coming out of the casts. You may need to tighten the boots as the swelling of the leg goes down.

- Monitor the child's feet to make sure there are no serious red spots, blisters, or open skin.
- Give these instructions to people who will spend time with your child.
- Your child will need new boots once the toes start sticking out over the end of the boots.

Sign Up for MyChart
MyChart is an internet-based health service that lets you access your medical and health plan information.

MyChart is not for urgent needs.
Messages are reviewed during normal business hours Monday through Friday only. Call your doctor for urgent needs. Call **911** for emergencies. Call the MyChart helpline for log in issues at **1-877-768-0732.**

Reach Out
If you have any questions or concerns, please contact the doctor's office using My Chart.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF# 8428.