

# Ponseti Treatment of Clubfoot



# Introduction

Starship Child Health has a dedicated weekly Ponseti club foot clinic.

The Ponseti treatment is provided by an experienced team, trained in the Ponseti management of club foot.



The correct term for club foot is:

**Congenital**

**Talipes**

**Equino**

**Varus or CTEV**

## **Congenital**

*Deformity present from birth*

## **Talipes**

*Foot/ankle*

## **Equino varus**

*describes the position of the foot, which is pointed down and inwards*

**Club foot is a complex deformity.** The cause of club foot is still unknown (idiopathic). It is a deformity that affects the foot the calf muscle, tendons and bones of the foot.

It tends to affect boys more than girls and it can vary in its severity (mild to severe). One (unilateral) or both (bilateral) feet can be affected.

Club foot is more common in Māori and Pacific Island families and there is often a tendency for club foot to affect more than one family member (familial).



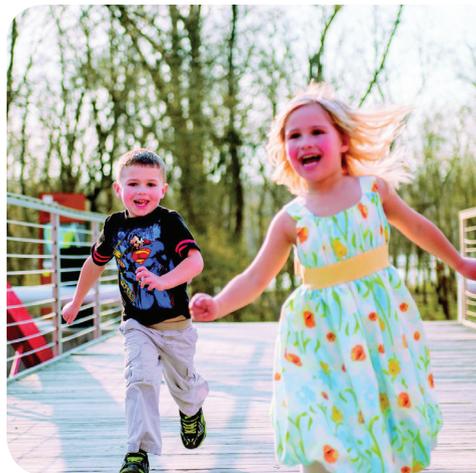
## Treatment- Ponseti Method

At the initial appointment a full orthopaedic assessment will take place and recommended treatment is discussed with you. Treatment can usually start the same day.

Occasionally babies have additional problems, along with club foot, which might mean treatment varies.

The Ponseti method is widely advocated as the best treatment currently available for managing club foot.

The aim of the treatment is to correct the clubfoot early using minimal surgery and then hold the corrected club foot whilst the children grow, so that the child can participate in all normal activities, with pain free, flexible feet and wear normal footwear.



# Summary of Ponseti Treatment



## 1. Plaster Casts:

After gentle stretches full length, above knee plaster casts are applied, gradually realigning the foot.

Weekly cast changes are required until the foot is ready for the next stage of correction (usually 4-6 casts).

Your team will let you know when your baby is likely to need the tenotomy procedure.



## 2. Tenotomy:

A small procedure where the achillies tendon (heel cord) is surgically cut.

Typically this is done under a local anaesthesia in the clinic.

A plaster cast is applied after the procedure. This cast stays on for 3 weeks whilst the tendon heals in the new lengthend position.



### 3. Boots and Bar (B & B):

The boots and bar brace (B&B) is a special brace fitted after the post tenotomy cast(s) are removed.

The brace allows the corrected club foot to stay in a good position whilst the children continue to grow. It is **essential** that the brace is worn as recommended to maintain a well corrected club foot.



## Boots and Bar

### First 3 months:

The brace is worn 23/24hours. 1 hour a day out of the brace for bathing etc.

### After the first 3 months:

The brace is worn for 12 consecutive hours (in a row) over night, (Eg: 6pm to 6am) every night and at nap times in the day until the age of 4 years old.



**“Wearing the boots and bar brace is a critical part of the successful treatment of your child’s feet.”**

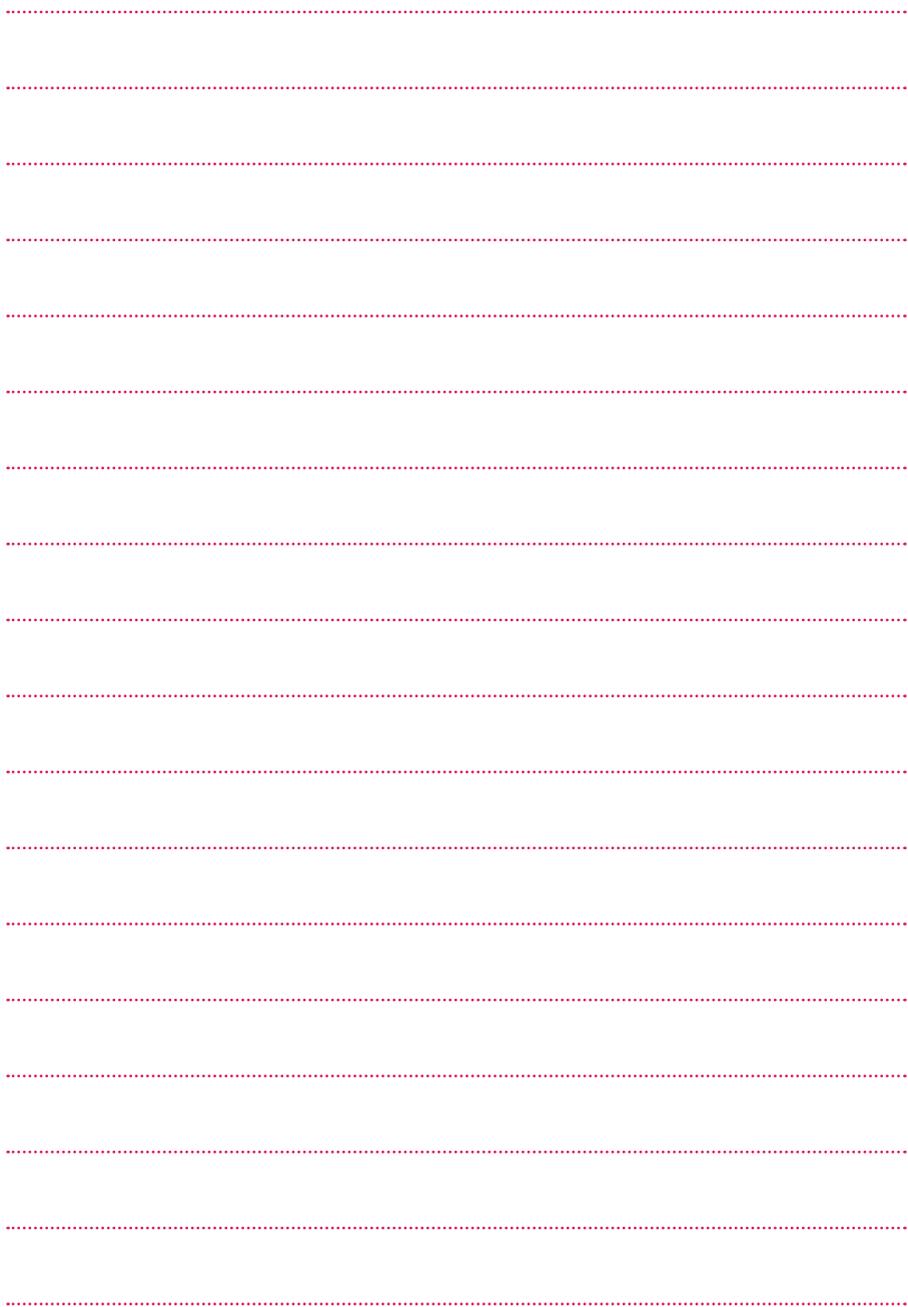
## **Monitoring and Maintenance**

**During the first four years you will have regular appointments to monitor your child’s feet and check the brace.**

Once your child has completed their boots and bar treatment (age 4 years) they will continue to need regular follow up appointments. Children are still growing and so a relapse of the club foot deformity is still possible.

Some club feet will require further treatment such as more plaster casts and sometimes further surgery may be recommended.

The type of surgery required would depend on the individual child’s foot/feet. By attending all your follow up appointments, early detection of a relapse and the need for any potential further treatment can be managed early.



# Cast Care:



**PONSETI  
Clubfoot  
Team**

**Circulation** ▶ **Change** in colour/  
temperature of toes

**Slipped cast** ▶ **Less** toes visible

**Wet cast** ▶ **Urine** on/ inside cast

MedPhotos&Graphics | MAY 2016



## Who to contact

If you **have not** visited Starship Orthopaedic Outpatient Clinic for your child's follow-up appointment and you are concerned:

### Ponseti Team

**Phone: 021 241 4748**

**Hours: 7.30am - 4.00pm | Mon - Fri**

If you **have** visited Starship Orthopaedic Outpatient Clinic for your child's follow-up appointment and you are concerned:

Please call and leave a message for the  
Paediatric Orthopaedic Outpatient  
Clinic Nurses:

**Phone: (09) 307 4949 Ext 22537**

**Clinic Hours: 8.30- 5.00pm | Mon - Fri**

**Ponseti Team (as above)**

### After Clinic Hours

Please visit:

**Starship Childrens Emergency**

Department, Level 2  
Starship Child Health

For more information, see our Ponseti treatment videos online at  
[starship.org.nz/orthoinfo](http://starship.org.nz/orthoinfo)

Date Issued: 05/12/17 Copyright 2017, Starship Child Health. All Rights Reserved.

