

Boots & Bar Brace Clubfoot Treatment



Bracing

The third stage of treatment is the fitting and wearing of the boot and bar brace (B&B).

The boots and bar brace are two boots that are attached to a bar.

This stage of treatment is critical to the successful outcome of your baby's feet.

The aim of the brace is to keep your baby's club feet corrected as they continue to grow. Without the brace your baby's club feet will relapse (return back to the club foot position).

- First 3 months: The brace is worn **full time** (23 hours/day). Baby can have a total of 1 hour a day out of the brace for skin checks, bathing and play.
- After the first 3 months to four years: The brace is worn **part time** for 12 consecutive hours over night (e.g. 6pm to 6am) every night, and at nap times in the day.



How to fit the Boots and Bar Brace

1



Settle your child, lie them down and put socks on.

2



Bend baby's hip and knee with one hand using a 'duck-like' hold on the top and bottom of the foot.

Hold the boot in the other hand with the boot buckles on the inside.

3



Pull the foot upwards and post the heel down and back into the boot.

Use the round windows on the inside of the boot to check you have the heel all the way down and back into the boot. If not, try again. No gap should be visible in the window.

4



Then keeping the correct heel position, fasten the middle strap first, securing it firmly so the baby's heel cannot move (no gap showing through the side windows).

Always keep your thumb/fingers over the front of baby's ankle to maintain the good fit whilst you do up the middle strap. Otherwise baby can shift their heel forward.

Once you are happy with the heel position and middle strap, fasten the other two straps.

Repeat steps 1-4 with the 2nd boot on the other foot.

5



Fasten the bar onto the boots.

The Ponseti team will set up the brace correctly at your first fitting and help you achieve the correct fitting.

“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.

Who to contact

Ponseti Team

Phone: 021 241 4748

Hours: 7.30am - 4.00pm | Mon - Fri

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

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