Talipes Calcaneovalgus

Talipes Calcaneovalgus occurs when your baby’s foot rests in a turned up position. The bones are normal but the muscles and soft tissues in the outside and front of the leg may be tight, whilst the muscles on the inside of the leg (which turn the foot in) may be stretched and/or weak.

Sometimes only exercises/stretches are needed to correct your baby’s foot. Very occasionally, some type of soft splint may be required if the foot is very stiff. This would gently stretch the tight muscles. Your physiotherapist will discuss this with you if it is felt to be necessary.

**Exercises**

The physiotherapist looking after your baby will explain and demonstrate the appropriate exercises for you to do to correct your baby’s feet.

Exercises are to be done at each nappy change.

Do each exercise three times.
To stretch the tight muscles on the front of the ankle

![Diagram of stretching the front of the ankle](image)

Point toes downwards

With your baby’s hip and knee bent to 90° / right angles, hook your index finger around heel. Hold baby’s foot in between your thumb and middle finger.

Moving the whole foot, gently point toes down as far as able and hold for 5 seconds.

2 To stretch tight muscles on the outside of the ankle

![Diagram of stretching the outside of the ankle](image)

Right foot

With your baby’s hip and knee bent to 90° / right angles, hold baby’s heel between your thumb and index finger, or in the palm of one hand. Hold baby’s foot in between your other thumb and index finger.

Gently turn the foot downwards and inwards and hold for 5 seconds.
3 The strengthen weak muscles on the back and inside surfaces of the leg

Rear view
With your baby’s hip and knee bent to 90°, use your thumb to stroke the back of the baby’s calf (from ankle to halfway up the leg).

Wait for the foot to point downwards.

General care
- Give baby some time out of baby-gro and nappy to allow them to kick their legs freely.
- Bath time is a good opportunity for kicking.
- Watch baby clothes are not too tight around feet.
- Massage with olive oil or a suitable baby moisturising cream is nice for your baby – concentrate around his/her foot and leg.

What happens when you leave hospital?
Your baby is followed up at two weeks as an outpatient in the physiotherapy department. At this point it will be decided how frequently your baby will need to be seen.
If you think your baby is being caused discomfort by any of these exercises, stop doing them and contact your physiotherapist.

**Contacts**

Remember your physiotherapist is always available for help and advice should you have any further concerns or queries about your baby.

Your physiotherapist is: __________________________________________

Contact number: ________________________________________________

Appointment: __________________________________________________

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) [https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust](https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust)*

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