

Positional Talipes (Equino-varus)



ALCHEMY
IN MOTION

What is Positional Talipes (Equino-varus)

Positional Talipes, sometimes referred to as clubfoot, is an extremely common condition which can affect one or more of your newborns' feet. It is named positional talipes as it is thought to be caused by positioning of your baby in the womb. In positional talipes the foot tends to sit down and rest inwards but remains flexible.

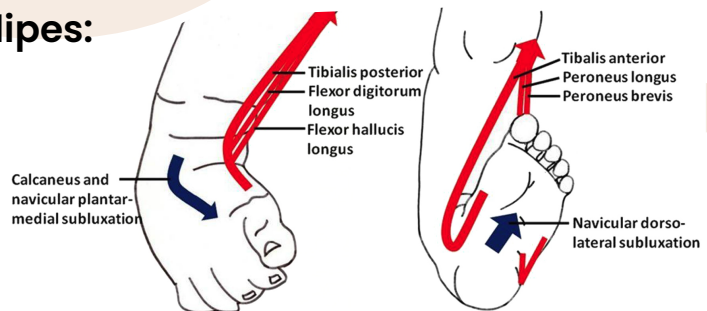
There are typically two types of talipes:

1. Equino-varus

The foot will rest inwards and down

2. Calcaneovalgus

The foot will rest up and the toes will face outwards



What to do if you suspect your baby has talipes?

It is essential that a physiotherapist or GP assesses your talipes to best educate you on treatment options.

An assessment from a physiotherapist here at Alchemy in Motion may include:

1. General discussion of concerns for talipes and other development
2. Assessment of feet, hips and general joints
3. Assessment of age appropriate developmental milestones
4. Advice + education for follow up
5. Education for strategies to implement for treatment tailored towards you and your bub

General tips for Positional Talipes:

1. Exercises for your baby should never be painful. Often we recommend that you perform the given exercises when your baby is relaxed. We will often say to perform this at nappy change.
2. Try to avoid wrapping your baby's feet too tightly. Allow them to move freely so they do not stay in a fixed position during sleep
3. Generally positional talipes will resolve with appropriate treatment within a few months.

If you're concerned before your first appointment with us, try to avoid searching the web for answers. Although it is tempting, the web can be very general and outline various treatment options and various types of conditions. Our initial assessment will ensure the education and treatment is tailored towards your bub.

Ready to take the next step in your journey? **Book a consultation today** to receive practical, compassionate support tailored to your stage of life and unique needs.

35 MARY ST NOOSAVILLE QLD 4566

E: admin@alchemyinmotion.com.au

P: (07) 5474 9093

W: www.alchemyinmotion.com.au