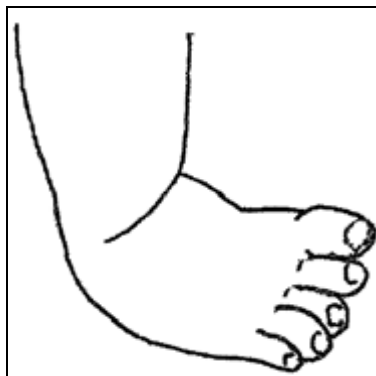


Positional Talipes (PTEV)

Information for patients/parents from the Paediatric
Physiotherapy Service

What is Positional Talipes (PTEV)?

- PTEV is a foot condition which results in baby being born with one or both of their feet pointing down and turning inwards
- The foot position can be fully passively corrected (moved from pointing down and inwards to pointing up and outwards) and has full range of motion but the foot will 'spring back' into adducted (inwards) position at rest. There is no bony deformity
- PTEV normally develops because the baby does not have enough room to move their feet while in the womb i.e. due to intra uterine positioning or crowding



What treatment is there for PTEV?

- PTEV is usually a short-term condition that resolves spontaneously in 90% of cases
- Some feet that are tight require passive stretches
- If the problem is ongoing then further assessment and treatment by a physiotherapist may be required
- When a baby is born with PTEV a health professional will check their feet. You will not always see a physiotherapist
- You should follow the advice given and your health visitor will continue to monitor your baby's progress
- Here is some simple advice you can follow to speed up the recovery of PTEV

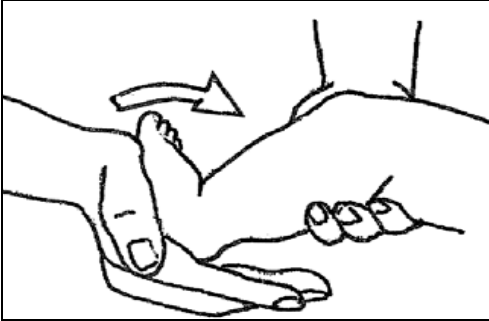
What can I do as a parent to help my baby?

- Give your baby some time out of their baby-gro to allow them to kick their legs freely
- Bath time is a good time for kicking
- Make sure your baby's clothes are not too tight around their feet

What stretching exercises can I do with my baby?

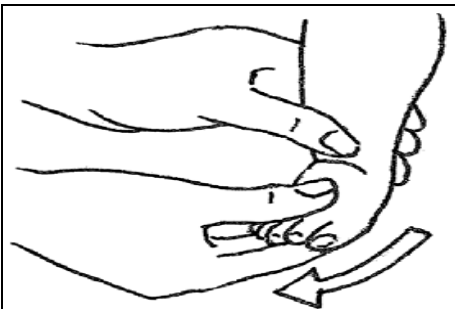
- You can do these stretches on your baby's feet to speed up the recovery
 - You can time these stretches with nappy changes
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1. Stretch of Achilles tendon



- Hold the baby's calf in one hand and the foot with the other
- Bring the whole foot up towards the shin in order to stretch the back of the heel
- Hold for 10 seconds and release. Increase up to 1 minute if your baby remains relaxed
- Repeat 5 times

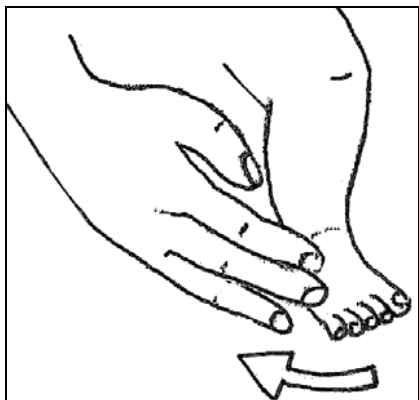
2. Stretching the inside of the foot



- Hold the baby's calf in one hand, keeping the knee bent (do not hold the heel)
 - Take hold of both sides of the foot with the other hand using thumb and finger
 - Firmly but gently stretch the foot outwards towards the point where the knee and foot are in line
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- Hold for 10 seconds and release. Increase up to 1 minute if your baby remains relaxed
 - Repeat 5 times

3. **Active facilitation of muscle:**



- Gently stroke the outside of the baby's foot and calf
- This will wake up the muscle and help it to work properly

What should I do if I am still concerned?

If your baby's feet do not improve in six weeks or you have any concerns please contact the paediatric physiotherapist (see contact details on back page of this leaflet).

Please use this space to write any notes or questions you may have.

Further information and advice can be obtained from:

Paediatric Physiotherapy Team
NHS 111
NHS Choices online

01892634499
☎ 111
www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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