



CLUBFOOT

If your baby has been referred to a pediatric orthopedic specialist to evaluate for clubfoot (congenital talipes equinovarus), we hope the following information helps you better understand this condition and what you can expect for treatment and beyond.

Clubfoot is one of the most common pediatric orthopedic conditions. When diagnosed and treated as a baby, this condition can most often be treated without major surgery. If your baby is in the hospital or NICU, treatment will begin after your baby is discharged.

WHAT IS CLUBFOOT?

Clubfoot is a term used to describe a foot abnormality that is present at birth. In this condition, the foot is turned inward and pointed downward.

WHAT CAUSES CLUBFOOT?

- The exact cause is unknown.
- It is more common in males than females and affects about one in every 1,000 births.

WHAT TREATMENT OPTIONS ARE AVAILABLE?

Treatment options are different for every child. After a thorough physical exam, a pediatric orthopedic specialist may recommend one or more of the following treatment options.

Observation

In some cases where the foot abnormality is mild and due to positioning of the baby in the uterus, the position of the foot may improve without treatment. In this case, the specialist will evaluate the foot periodically to make sure no additional treatment is needed.

Casting/Stretching

The most common form of treatment for clubfoot is serial casting/stretching. The goal of this treatment is to keep the foot/feet in the proper position for extended periods to allow the muscles to stretch and the development of the bones and other tissue to occur normally.



Anthony I. Riccio, M.D., Director of the Center for Excellence in Foot with Aylin, of Dallas



Learn more, request treatment or find out about financial assistance at scottishriteforchildren.org

CENTER FOR EXCELLENCE IN FOOT

Scottish Rite for Children is one of the world's leading treatment centers for children and adolescents with a variety of congenital and acquired foot deformities. Through the Center for Excellence in Foot, our multidisciplinary team is dedicated to providing world-renowned and individualized patient care while advancing treatment techniques through research.

The center treats more than 1,000 patients with clubfeet each year. The team includes staff from orthopedics, bioengineering, movement science, molecular genetics, orthotics and physical therapy who collaborate to conduct extensive research into clubfoot – its cause, efficacy of treatment options and further understanding of related deformities.

If your baby's physician suspects your child may have clubfoot, please call to schedule an appointment with a pediatric orthopedic specialist. For more information about this and other conditions we treat, please visit our website.

Casting/Stretching (continued)

This can be accomplished in several ways:

Ponseti Casting Method

- Placing a cast from the thigh to the toes after gentle stretching of the foot. Each week for 4-6 weeks, a new plaster cast is put on the child to help the foot stretch further and continue gradual improvement in positioning.
- The majority of children treated with serial casting will require a procedure to lengthen their achilles tendon (heel cord). This is most often done in the clinic setting with local anesthetic for pain control.
- Upon the completion of serial casting, bracing for a period of time is recommended to help maintain the corrected position of the foot and prevent recurrence.



French Functional Method – Physical Therapy

- Daily stretching, mobilization and taping to slowly move the foot to the correct position.
- The child is in the care of a trained physical therapist during these sessions.



Surgery

In some cases, surgery may be required to correct the position of the foot/feet when non-surgical treatment options are not successful, although the majority of children with clubfeet can be treated by non-surgical methods.

OUR LOCATIONS

Scottish Rite for Children Orthopedic Hospital

2222 Welborn Street • Dallas, Texas 75219

Orthopedics: 214-559-7559

Scottish Rite for Children Orthopedic & Sports Medicine Center

5700 Dallas Parkway • Frisco, Texas 75034

Orthopedics: 469-515-7250

This material is for informational purposes. Discuss any questions and concerns with your health care provider.



Patients receive treatment regardless of the family's ability to pay. Scottish Rite for Children participates in many governmental and commercial insurance plans. Please call 214-559-8630 for additional information.