PARENT EDUCATIONAL TOOL
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A summary of a take home message for parents regarding clubfoot and its management with Ponseti method.
WHAT IS CLUBFOOT?

- Clubfoot is a treatable deformity that is present at birth.
- The foot is stiff, and points downward and inward.
- It can affect one or both feet.
- Clubfoot is very common. It affects about 1 – 3 babies in every 1000 born.
What is clubfoot?

• It’s present at birth
• The foot is stiff and turned downward & inward
• Can be 1 or 2 feet
WHAT IS THE CAUSE OF CLUBFOOT?

• There is no known cause of clubfoot.
• It is nobody’s fault that your baby has clubfoot.
• It is not a curse and there is nothing a pregnant lady or anyone can do to prevent it.
• Clubfoot can be more common in some families, so there might be a hereditary (family) link.
• It’s more common in boys than girls (about twice as common)
WHAT IS THE CAUSE OF CLUBFOOT?

- There is no known cause
- It’s nobody’s fault
- It is not a curse
CAN CLUBFOOT BE TREATED?

• Yes. Clubfoot is a treatable condition with the Ponseti method.
• 90% of clubfoot is successfully treated through this method.
• It is the best standard of treatment used all over the world.
• It is best when the child starts treatment as early as possible.
CAN CLUBFOOT BE TREATED?

- Yes!
- The Ponseti Method is used worldwide
- It is 90% successful
CAN CLUBFOOT BE TREATED? YES!

- This little boy had Ponseti treatment for clubfoot and as you can see the result is good.
CAN CLUBFOOT BE TREATED? **YES!**

- This boy had Ponseti treatment for clubfoot
WHAT HAPPENS IF CLUBFOOT IS NOT TREATED?

- Life is very hard for children and adults that grow up with clubfoot.
- It is very painful to stand or walk on the top of the feet.
- It is harder to go to school, play, get a job, get married and have a family.
- Sometimes there is a stigma and people are excluded from social and community activities.
WHAT HAPPENS IF CLUBFOOT IS NOT TREATED?
WHAT IS THE PONSETI METHOD OF CLUBFOOT TREATMENT?

- Clubfoot is treated with Ponseti Method
- This is the standard treatment all over the world
- Ponseti is best for children under 2 years of age
- The Ponseti Method has 2 main stages:
  - Corrective Phase – this includes:
    - Casting and
    - Tenotony
  - Maintenance Phase – this is wearing braces
WHAT IS THE PONSETI METHOD OF CLUBFOOT TREATMENT?

CASTING

TENOTOMY

BRACING
CORRECTIVE PHASE 1. CASTING

- A series of plaster casts will be applied.
- The casts will be left on for a full week, and then changed.
- The casts will gently reshape your baby’s foot.
- The casts are painless. Sometimes children cry during casting because they are afraid, it is not because they are in pain.
CORRECTIVE PHASE 1. CASTING

- 6 – 8 casts
- Won’t hurt your baby
- Cast is from toes to groin
CORRECTIVE PHASE 2. TENO TOMY

- Before applying the last cast, many children need a tenotomy
- This is a minor procedure where the heel tendon is cut
- This allows for the foot to be lifted up at the ankle. Otherwise your child might walk on tiptoes.
- It is usually done with local anaesthetic and only takes about 15 minutes
- After the tenotomy, the last cast will be put on and left for 3 weeks
- The tendon will grow back together (a little longer) while the last cast is on
CORRECTIVE PHASE 2. TENOTOMY

- Minor procedure
- Cuts the heel tendon
- Cast on for 3 weeks
- The foot can lift at the ankle afterwards
MAINTENANCE PHASE 3. BRACES

- After casting is finished, your baby’s feet will be straight
- But clubfoot CAN come back. It is very likely to return until about 5 years of age
- The special shoes (also called a brace) will help to prevent the clubfoot coming back
- Your baby must wear the special shoes 23 hours a day for the first 3 months
- After 3 months, your baby must wear the brace at night and during daytime sleeps (this is about 14 – 16 hours a day)
MAINTENANCE PHASE 3. BRACES

- Special shoes (braces) they keep Clubfoot from coming back
- First 3 months – worn 23 hours a day
- Until 5 years, worn nighttime plus daytime naps
WHAT SHOULD THE PARENTS DO DURING TREATMENT?

- Attend every appointment – do not miss visits
- Complete the treatment to make sure the foot is successfully treated
- Come back to the clinic or call if you notice any problems
- Follow all instructions
WHAT SHOULD THE PARENTS DO DURING TREATMENT?

- Do not miss clinic visits
- Complete the treatment
- Attend clinic with problems
- Follow all instructions
WHAT SHOULD THE PARENTS DO DURING TREATMENT?

- Ensure the cast is well kept
- Prevent urine and water getting onto the cast
- Keep observing the toes and cast for any problems
- Come back to the clinic or call if you notice any problems, for example:
  - Cast is soft, wet, cracked or shifted (slipped)
  - Bad smell coming from cast,
  - Skin on toes has a rash,
  - Toes swollen, pale or blue colour, or cold
  - Severe pain not relieved by medication
WHAT SHOULD THE PARENTS DO DURING TREATMENT?

- Keep the cast clean and dry
- Watch for problems
- Attend or call clinic with problems or questions
What should the parents do during treatment?

• Wear the brace as instructed.
• Keep bringing your baby for brace review appointments.
• Bring the baby back to the clinic if the brace (special shoes) stops fitting well or if you notice the clubfoot coming back.
• Call or attend the clinic if any problems or questions arise.
WHAT SHOULD THE PARENTS DO DURING TREATMENT?

- Put the brace on as instructed
- Do not miss clinic visits
- If problems or questions arise, attend or call the clinic
WHAT HAPPENS IF INSTRUCTIONS AND APPOINTMENT ARE NOT RESPECTED?

• If parents don’t follow the treatment well, there are often bad consequences.

• The clubfoot can come back and needs to be treated again.

• Sometimes it becomes complicated and treatment can take longer or doesn’t work as well.

• May require surgery

• Parents lose a lot of time and money because of needing to start treatment again, extra transport costs, lost work time
WHAT HAPPENS IF INSTRUCTIONS AND APPOINTMENT ARE NOT RESPECTED?

- Clubfoot can come back
- Complications
- Time wasted
- Transport cost
Brace Wearing Instructions

Go through this section when the child is fitted with their first brace:

- Your baby should wear the special shoes 23 hours a day for the first 3 months
- In the 1 hour without the brace, you can bath your baby
- After 3 months, your baby should wear the brace at night and during daytime sleeps (this is about 14 – 16 hours a day)
- The bar attached to the shoes is very important because it keeps the feet stretched
- Do not try to change the shape of the bar.
BRACE WEARING INSTRUCTIONS

• First 3 months - 23 hours a day
• Nighttime and daytime sleeps until 5 years of age
BRACE WEARING INSTRUCTIONS

• You can carry the baby on your back, just bend their knees so the bar rests on your back, instead of their knees being straight.

• Don’t stop using the brace or the clubfoot will probably come back. If you have problems, come back to the clinic.

• The baby might cry initially because it’s uncomfortable, but babies quickly get used to the braces.

• You will need to attend appointments to get new larger braces as your child grows.
BRACE WEARING INSTRUCTIONS

- Bend the knees to carry the baby on your back
- Don’t stop using the braces
- Baby will get used to them
FITTING THE BRACE

- You can put socks on the baby if you want
- Open the shoe up completely
- Put the most severely affected foot in first
- Make sure the heel is right at the back of the shoe and down properly
- Check the heel is down through the inspection hole
BRACE WEARING INSTRUCTIONS

- Skin clean and dry
- Socks are optional
- Open shoe fully
- Heel down properly
- Laces firm but not too tight