TOP THINGS PARENTS NEED TO KNOW ABOUT CLUBFOOT DURING COVID-19

- Most important goal is to keep your child and family safe!
- We will make it through COVID (you, your child and your doctor).
- Do not be discouraged. Ponseti casting is very powerful.
- There are things that you can do now to keep the foot aligned
  - massage the foot
  - tickle the outside of the foot
  - do stretches
- If you have a child with clubfoot and you cannot get into the office now, consider a video visit with your orthopedic surgeon.

Preparing for your telemedicine visit

- Make a list of all your questions, concerns before your visit
- Take photos of your child's feet before the visit and share them with your provider in case your child is uncooperative during the appointment.
- While on the call
  - Keep background simple
  - Have good light
  - Practice camera angle in advance
  - Be in a location where your child can be visualized
  - If walking age, be in a place where they can walk back and forth on camera
  - Avoid using earbuds so your provider can talk to the child

Resources

- www.hopewalks.org/parent-resources
- https://kidshealth.org/en/parents/clubfoot.html

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FREEDOM FROM CLUBFOOT