The Royal Wolverhampton
NHS Trust

Positional Talipes (PTEV) Exercise Information

Physiotherapy & Occupational Therapy

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

Introduction

This leaflet is for parents whose baby has been diagnosed with Positional Talipes Equinovarus – known as PTEV. It provides information and advice to reassure parents and exercises to help speed up the recovery of this self-correcting condition.

What is PTEV?

Positional Talipes (equino-varus) is quite a common foot condition in new born babies. It may affect one or both feet. It is usually caused by moulding within the womb, simply an overstretch due to lack of room.



PTEV will usually improve and self-correct without any treatment during the first six weeks of life, as your baby can now move freely.

It will be diagnosed after an assessment by either a midwife or doctor. You will then be given this leaflet to reassure and advise you.

What can I do to help my baby?

Gentle exercises to the foot may help speed up the correction process.

If you are going to complete these exercises, it is important to carry them out regularly for example, with every nappy change and repeat two to three times each session.

Exercise 1

Gently bring your baby's foot into the middle and then upwards towards their shin. This may be held for 20 – 30 seconds, or longer if your baby lets you without showing signs of distress.



Exercise 2

Gently move your baby's foot out and up (away from your babies centre – opposite from the relaxed position →↑). Hold for 20 – 30 seconds.



Exercise 3

Gently stroke the outer edge of your baby's foot and encourage the foot to move into normal position.

Repeat Four to six times each session.



Who should I contact if I am concerned?

Positional Talipes usually resolves on its own or with the exercises above in three to four months. If you are still concerned that the foot is stiff or not improving, you should consult your child's GP or health visitor.

References:

Polden, M, Mantle J (1992) Physiotherapy in obstetrics and gynaecology. P393-397 London. Butterworth Heinemann

Sapsford, R Bullock-Saxton, J, Markwell S (1999) Women's health: A text book for physiotherapists. P252-257 London. Harcourt Brace and company Limited

Hart D: Variability in the Physiotherapy Treatment of Talipes Equinovarus, APCP

Journal, June 2006.

*CSP Evidence Note 01: Chartered Society of Physiotherapy, 'Physiotherapy management of Positional Talipes Equinovarus', August 2009.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。

Designed & Produced by the Department of Clinical Illustration,
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