

## Children's Physiotherapy Service

**0300 330 5777**

**bromh.cccpod5@nhs.net**

### Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1 Knoll Rise  
Orpington  
BR6 OJA  
[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)  
[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)



**Newborn baby's feet  
- Positional Talipes**  
**Children's Physiotherapy Service**  
**Provided by Bromley Healthcare**

# What is Positional Talipes?

This is a common temporary foot condition in newborn babies. It is thought to be caused by the baby's position in the last few weeks of pregnancy, where they have not had enough room to stretch their feet. There are two types of positional talipes:

- 1) 'Equino-varus' the foot rests down and inwards  
(See exercise 1 & 2)



- 1) 'Calcaneo-valgus' the foot rests upwards and outwards  
(See exercise 3)



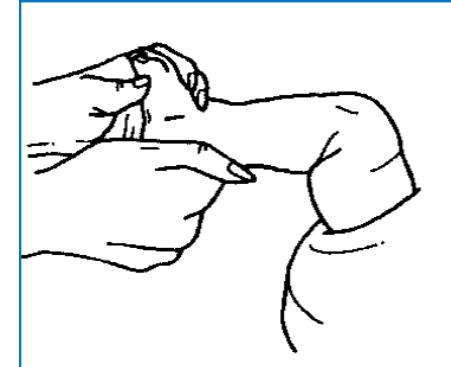
The baby's feet remain flexible and can be gently moved in all directions (up / down / inwards/ outwards). The feet will normally self-correct in the first 6-8 weeks.

Doing gentle exercises on your baby's feet regularly can help e.g. every nappy change. These should be done when your baby is relaxed and should not be painful. They can be stopped when your baby's foot rests in a normal position naturally.

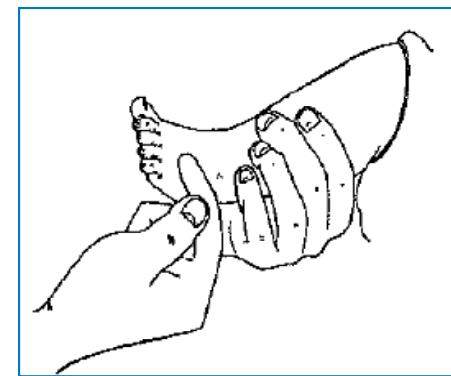
Ensure 'babygros' allow enough space for your baby to kick freely.

## Foot exercises:

1. With **equino-varus** feet, gently move your baby's foot away from its preferred position in an upwards and outwards direction. (Repeat 5 times - hold no more than 15 seconds in the end position). Useful video: [us.physitrack.com/home-exercise-video/positional-talipes-equino-varus--dorsiflexion-stretch](https://us.physitrack.com/home-exercise-video/positional-talipes-equino-varus--dorsiflexion-stretch)



2. Gently stroke the outside of your baby's foot and lower leg to encourage the foot to naturally move upwards and outwards.



1. For **calcaneo-valgus** feet gently move your baby's foot in a downwards and inwards direction. (Repeat 5 times - hold no more than 15 seconds in the end position). Also massage the creases at the front of the ankle. Useful video: [au.physitrack.com/home-exercise-video/positional-talipes-calcaneovalgus--plantar-flexion%252finversion](https://au.physitrack.com/home-exercise-video/positional-talipes-calcaneovalgus--plantar-flexion%252finversion)



You should request an appointment with your GP or local Physiotherapy department if you are concerned that your baby's foot is stiff or not improving after the first 6 weeks. If you are registered with a Bromley GP you can call the Bromley Children's Physiotherapy service on **0300 330 5777**.