



# The Association of Paediatric Chartered Physiotherapists

## Positional Talipes Information for Parents and Carers

### What is positional talipes?

Positional talipes is a common presentation in newborn babies, where their foot turns inwards and downwards. This may affect one or both feet. The foot remains flexible and can be moved gently through a full range of normal movement.

It can be normal for a newborn baby's feet to turn inwards and downwards when at rest and for their legs to be slightly bowed, which can add to the appearance of the feet turning inwards.

A health professional can examine your baby's foot to exclude any structural foot deformity (congenital talipes equinovarus or clubfoot) which, would require treatment.

### How is positional talipes equinovarus managed?

Positional talipes is correctable. It usually resolves by itself within the first few months. Once the baby is born, they will have more space to move and stretch their feet. You can give your baby some time out of their clothing to allow them to kick and move their legs freely. Make sure baby's clothes are not too tight around their feet so they have room to move.

### Can exercises help?

Gentle exercises for the foot may help. These should be performed regularly through the day. These exercises will be most effective when your baby is relaxed, such as bath time.

#### Exercise 1

Gently move your baby's foot outwards, hold each stretch for 10-30 seconds.



## Exercise 2

Gently move your baby's foot upwards towards the shin.  
Hold each stretch for 10-30 seconds.



## Exercise 3

Gently stroke or tickle the outside of your baby's foot to encourage them to move it up and outwards.



## When to seek further medical advice

Please speak to your health visitor, GP or physiotherapist if:

- Your baby's foot feels stiff or you are unable to correct the position of the foot
- Your baby's foot seems painful
- Your baby's foot position has not improved or resolved within a few weeks
- Your GP can refer your baby for further assessment and advice, if required

Babies with positional talipes are not routinely referred for a hip ultrasound scan. Please speak to your health visitor, GP or physiotherapist if you have any concerns about your baby's hips.

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The Association of Paediatric Chartered Physiotherapists (APCP) is one of the CSP's largest Professional Networks and continues to thrive with a membership of over 2,900 paediatric members. We encourage our members and support staff to work together to enhance the quality of life, wellbeing and independence of babies', children, and young people that we deliver care to.

The Chartered Society of Physiotherapy (CSP) is the professional, educational and trade union body for the UK's 64,000 chartered physiotherapists, physiotherapy students and support workers.



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