

CLUBFOOT EXERCISES

1. **STARTING POSITION:** Hold the infant's lower leg close to the ankle with your thumb over the bony prominence just in front of the outer ankle bone. Place your other hand on the inside border of the infant's foot, with your index finger along the arch and base of the 1st toe (see photo).



2. **CORRECTION OF CAVUS:** Maintain hand on lower leg and ankle, while the other hand raises the base of the big toe to correct the excessive curvature (see photo). Hold this position for__ seconds.



3. **CORRECTION OF ADDUCTUS & VARUS:** Maintain hand on lower leg & ankle & corrected arch position, and place other thumb on the top of the infant's forefoot (see photo).



From this position, bring the forefoot in line with the lower leg moving toward the outside of the foot (see photo). Hold this position for __ seconds.



4. CORRECTION OF EQUINUS: Maintaining all positions described above, bring the foot up toward the shin (see photo). Hold this position for __ seconds.

