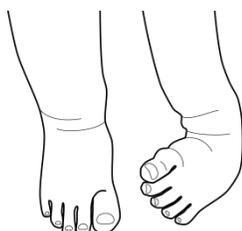


Positional Foot Deformity: Foot Turned Down and Inward

This is a common foot condition in newborn babies. It usually happens when the baby does not have enough room in the womb to move its feet.

When the baby is born, one or both of its feet might be pointing down and turning inwards. However, the foot is not fixed in this position. It can be gently moved into a normal position.



This usually corrects itself after the baby is born and has room to stretch their feet.

How can you help?

The muscles and ligaments on the inside and back of the leg might be tight. The muscles on the outside of the leg (which turn the foot out) can be stretched or weak.

Ways to help your baby's foot return to its normal position:

- Do gentle stretching exercises on the foot every time you change a diaper during the day.
- Massage the foot and leg.
- Give your baby some time out of their sleeper to allow legs to kick freely. Bath time is a good time for kicking.
- Make sure your baby's clothes are not too tight around their feet.

This condition is also called Positional Club Foot or Positional Talipes Equinovarus.

Massaging

At bath time:

- Gently massage the inside arch of your baby's foot for a few seconds. You can use unscented oil for the massage.
- Gently stroke the outside and front of the foot and lower leg in an upward motion. This helps 'wake up' the muscle, helping the foot to move into a normal position.



Stretching Exercises

Exercise 1: Gently move baby's foot outwards until it lines up with the leg. Hold for 10 to 15 seconds.



Exercise 2: Gently move baby's foot upwards towards the shin. Hold for 10 to 15 seconds.



Try do each exercise three (3) times at each diaper change during the day.

Stop the exercises if your baby is upset and pushing the leg into your hand. Never force the exercises. You can try them again at the next diaper change.

In most cases, there are no long term problems with walking. Talk to your family doctor, nurse practitioner, or physiotherapist if you have any questions.