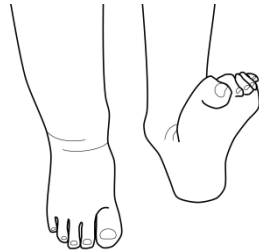


Positional Foot Deformity: Foot Turned Upwards to the Shin

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 is pushed up towards the shin and the front half of the foot is turned outwards. 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 outside and front of the leg might be tight. The muscles on the inside of the leg (which turn the foot in) can be stretched or weak.

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

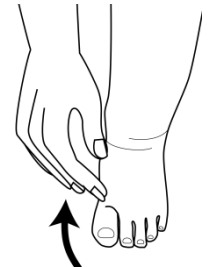
- Do gentle stretching exercises on the foot every time you change a diaper during the day.
- Massage the foot and leg.
- Give your baby some time out of their sleeper to allow legs to kick freely. Bath time is a good time for kicking.
- Make sure your baby's clothes are not too tight around their feet.

This condition is also called
Positional Talipes Calcaneovalgus

Massaging

At bath time:

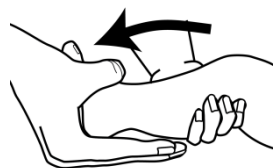
- Gently massage the skin across the front of the ankle for a few seconds. Use unscented oil for the massage. The skin in this area is often tight and can crack. The oil helps soften the skin.
- Gently stroke the inside and back of the foot and lower leg in an upward motion. This helps 'wake up' the muscle, helping the foot to move into a normal position.



Stretching Exercises

Exercise 1: Gently move baby's foot inwards until it lines up with the leg.

Hold for 10 to 15 seconds.



Exercise 2: Gently move baby's foot downwards away from 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.