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**Patient advice and liaison service (PALS):**

If you have any suggestions or comments about your visit, please either speak to a member of staff or contact the patient advice and liaison service on 020 3312 7777. You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
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Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

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# Positional Talipes Calcaneovalgus



St Mary's Hospital

Children's Physiotherapy Department

Information for patients, relatives and carers

## What is Positional Talipes Calcaneovalgus?

Positional talipes calcaneovalgus is a common foot condition. It means baby's feet turn outwards. (This anatomical position is called calcaneovalgus). It is caused by baby's position in the womb, which can lead to muscle tightness around the ankle.

### What causes it?

Talipes normally happens because the baby has limited space in the womb to move and stretch their feet. The feet can be packed tightly in an unusual position as they grow. It is not caused by problems with the bones in the baby's feet and the foot is flexible. The condition is not caused by developmental issues and will not affect the child when learning to walk.

### What can help?

Baby's feet can take up to 12 weeks to look completely 'normal'. You can help the process by:

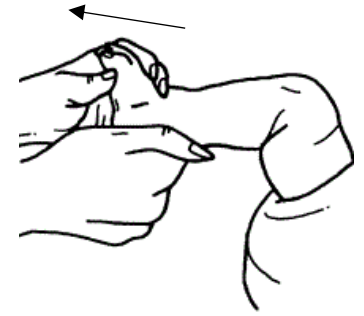
- Ensuring clothing is not too tight around the baby's foot or ankle
- Massaging the foot and ankle with olive oil, baby oil or baby lotion. Do lots of massage around the skin creases
- Doing the exercises listed in this leaflet.

### How often should the exercises be completed?

Begin the exercises as soon as possible after birth. Try to incorporate the exercises into baby's daily routine. For example, at nappy changes. Please complete 4 times a day.

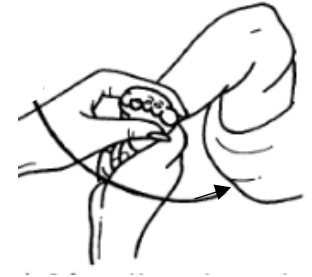
### Exercise 1

Hold baby's lower leg with one hand, and forefoot with the other. Bring the foot into the middle so it is in line with the shin and then point the foot downwards. Hold the position for 10 seconds. Repeat 3 times.



### Exercise 2

With the knee bent gently, hold the lower leg with one hand. With the other, move the foot from outside to all the way in. Repeat 10 times.



### Exercise 3

Stroke the inside of the foot from the toe up the calf towards the knee with finger lightly. This can also be done along the bottom of the foot from toes to heel. Repeat 10 times.



### Exercise 4

Use oil to massage the foot. Pay particular attention to the creases in the foot.

