

## Clubfoot

The Clubfoot is a deformity present at birth that affects the foot and the ankle. Its cause is usually unknown but can be hereditary. It can affect one foot or both feet. The foot is turned inward and points down, while the Achilles tendon is retracted (too short).

### *Treatment phases*

#### 1. Casting

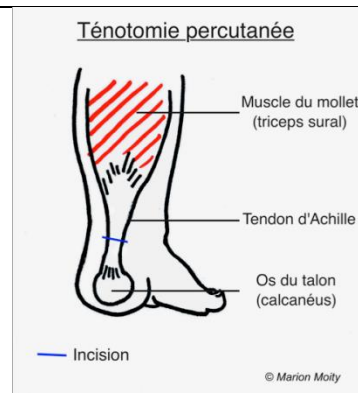
During 6 to 8 weeks, your child will be wearing above knee casts that will gradually correct the position of the foot. The cast will be changed every week according to the improvement in the position of the foot.



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#### 2. Achilles tendon tenotomy

This small surgery is performed under sedation after the casting period is finished. The aim is to release the Achilles tendon. It helps correcting the downward pointing foot. After the intervention, another cast will be installed for three weeks. If your child is less than 3 months old, it is possible that a 24h stay at the hospital will be necessary.



#### 3. Foot Abduction brace

Once the correction obtained with the casts is adequate, the foot abduction brace is started to hold the foot in the corrected position. The brace must be kept 23 hours a day at first and the time will be adjusted afterwards according to the need. The brace is continued until the child is 4 years old. It is known that to stop the brace before this age will seriously compromise the correction of the clubfoot.



## ***Removing the casts***

During the casting period, you will have weekly appointments with the orthopaedic surgeon to gradually correct the foot position. You can plan your child's bath and the removal of the cast in the orthopaedics clinic or do it at home on the day of the appointment. The orthopaedic surgeon will guide you towards the preferred method for your situation.

Here is how to remove the cast if you do it at home on the day of the appointment :

- Completely wet the cast in the bath;
- When the cast is softer, unroll the bandages starting at the point identified by a colored paper. Proceed gradually to unroll all of the bandages as the cast becomes softer;
- You can use round ended scissors to cut the cast;
- For the first time, plan 30 to 60 minutes per foot for the removal;
- Use this time to bathe your child since it will not be possible to take other baths during the week.

## ***Appointments in orthopaedics during the casting period***

The time of the appointment is given to you as a guide into a time range:

- **If your appointment is the morning : show up at the clinic between 8:30 and 10:30**
- **If your appointment is in the afternoon : show up at the clinic between 13:00 and 14:30**

Check-in at letter C and then go directly to the cast room (room 9) with your child's chart.

Here are a few tricks to keep your baby calm during the appointment:

- ✓ Feed them before the appointment;
- ✓ Bring the pacifier, a bottle of milk, a cuddle cloth;
- ✓ Give them a few drops of a sucrose mix.

## ***Possible problems and their solutions***

- Irritation/redness at the groin: Keep the skin dry. Do not apply lotion.
- Cast is contaminated by urine/stools: Frequently change the diaper.
- Cast is slipping off (you will see that the toes are hidden inside the cast): in that situation, immediately take an appointment to change the cast.

If you have any questions, call the nurse in the cast room: 819 346-1110 poste 15066

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## **Internet Ressources**

**[www.orthoconnect.org](http://www.orthoconnect.org)** (Canadian Orthopaedic Foundation) :

- Select «Patient/Public information»  
then «A Parents' Guide to Clubfoot and its treatment using the Ponseti Method».

**[www.chusj.org/fr/soins-services/P/Pied-bot](http://www.chusj.org/fr/soins-services/P/Pied-bot)** (Ste-Justine Hospital)