

## WEARING INSTRUCTIONS FOR THE SHOE BRACE

- To be efficient the shoe brace should be put on correctly.
- The heel of the foot should be very deep inside the shoe.



- The shoe should be tight enough.
- The shoes should be fixed on the bar.



## HELPFUL TIPS FOR THE SHOE BRACE

Expect your child to fuss in the brace for the first 2 days. This is not because it is painful but because it is something new and different.

- Play with your child and the brace. This is important to getting over the irritability that is often due to not being able to move his/her legs independently of each other.
- Make it routine. Children do better if you make this treatment a routine in your life.

## LONGTERM MONITORING

Following full correction of the clubfoot, clinic visits will be scheduled every 3-4 months for 2 years, and then every 6 months for another 2 years.

The physiotherapist will decide on the duration of bracing depending upon the severity of the clubfoot and the tendency for the deformity to relapse.

Do not end treatment early. Yearly visits will be schedule for 8 to 10 years to check for possible long-term relapses.



# CLUBFOOT IS TREATABLE!

### MPRC Clubfoot Clinic

MPRC  
Near CMH Hospital  
University road, Muzaffarabad  
Azad Jamu and Kashmir (AJK)  
Tel: 0582 2443018, 0582 2443063



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### PIPOS Clubfoot Clinic

PIPOS  
Plot no. 6B, Sector B-3  
Phase 5, Hayatabad Peshawar  
Tel:091-9217150

### PRSP Swat Clubfoot Clinic

PRSP Swat Center  
Near Swat model School  
Allah O Akbar colony  
Saidu Sharif Swat  
Tel:0946-721702



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## WHAT IS A CLUBFOOT?

Clubfoot is recognized when one foot or both are turned inward. It is the most common deformity of feet in the world. It occurs in about 1 in 1,000 babies.



## WHAT CAUSES CLUBFOOT?

Clubfoot is most likely a genetic disorder. Therefore, it is no fault of the parents or family during pregnancy.

## HOW IS CLUBFOOT TREATED?

A technique called the Ponseti technique is the leading treatment for clubfoot. It is used to straighten the foot using casts and shoe braces.

Even though you may be upset to learn that your baby has clubfoot, be reassured that treatment should not hurt your baby. This is not to say that he or she will not protest during treatment.

## WHY SHOULD I GET TREATMENT FOR MY BABY?

If the clubfoot is not treated, your child will have severe foot deformity and become disabled.

Clubfoot treatment is not expensive and financial assistance is available if needed. With your help, your baby can grow up walking, running and playing normally.

## WHAT DOES CLUBFOOT TREATMENT INVOLVE?

### Casting:

- A series of 4-6 casts from toes to hip are applied weekly to gently reshape your baby's foot. The casts are safe and painless for your baby.
- Sometimes, after few casts if the deformity is severe, the baby may need a small operation. It consists of releasing a tendon. It can be done in a few minutes under local anaesthetic. If so, a final cast is applied and worn for 3 weeks after this simple procedure.

### Shoe braces

Clubfoot deformity tends to relapse after correction. To prevent relapses after removal of the last cast, a shoe brace (2 shoes attached to a bar) must be worn.

### This is a crucial part of the treatment.

The shoe brace will hold the feet and ankles in the correct position.

Your baby will need to wear the shoe brace all the time for 3 months, only removing it for an hour each day to play.

After 3 months, your baby will only need to wear the shoe brace when sleeping including day time naps.

He/she should continue to wear the shoe brace while sleeping until the age of 5 years.

Use of the shoe brace will not delay the child's development with regard to sitting, crawling or walking.



## IS THE TREATMENT SUCCESSFUL?

Ponseti technique is the best method for the treatment of clubfoot if:

- It starts soon enough.
- The treatment method described here is followed exactly. In case of relapse it may be necessary for some of the treatment stages to be repeated.

## LOOKING AFTER YOUR BABY'S CAST

- Check your baby's toes are normal in colour and warm.
- Keep the cast dry at all times
- Check the skin around the edge of the cast for any signs of rubbing (redness, soreness). You should remove the cast if:
  - You cannot see your baby's toes.
  - Your baby's toes change in colour and become cold.
  - The cast become loose, cracked or crumbly.

To remove the cast you should soak the cast in water, and then unwrap the bandage. The physiotherapist will show you how to do this during the clinic appointment.



Please contact the clubfoot clinic ASAP if:

- The cast has been removed.
- Your baby is crying more than usual and appears to be in pain.