

## Positional Talipes Equinovarus (PTEV)



patient**information**



The Rotherham  
NHS Foundation Trust

## Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: [your.experience@nhs.net](mailto:your.experience@nhs.net)

### Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

### Slovensky

### Kurdish Sorani

کوردی سۆرانی  
نەگەر تۆ یان کەسێک کە تۆ دەناسی پێویستی بەیارمەتی هەبێت یۆ نەو دی لێم بەلگەنامە بە تێبگات یان بێخوێنتێتەو، تکایە پەیوەندیمان پێوە بکە لەسەر ناو ژمارەیهی سەرەوددا یان بەو نێماینە.

### Arabic

عربي  
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

### Urdu

اُردو  
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

### Farsi

فارسی  
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers\*

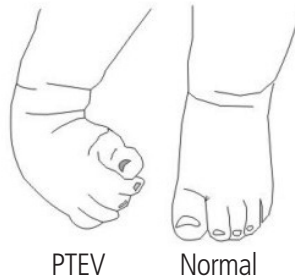
### \*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

## Positional Talipes Equinovarus (PTEV)

### What is talipes?

This is the condition sometimes called clubfoot. Talipes refers to the foot and ankle. Equinovarus refers to the position of the foot. In this condition the baby's foot or feet point in and down rather than in the usual position. Talipes occurs in about 1 in 1000 children and one or both feet can be affected.



### What causes positional talipes?

Positional talipes is a common condition caused by some tightness in the muscles around the ankle and the position the baby was in whilst in the womb. It is not caused by problems with the bones in their foot/feet and will not cause any problems with walking. The foot is not fixed in this position and can be moved normally.

### How is positional talipes diagnosed?

Positional talipes is usually found by the doctor or midwife during routine checks of your baby after delivery. The senior Orthopaedic Physiotherapist can check your baby and give help and advice.

## Positional Talipes Equinovarus (PTEV)

### How is positional talipes treated?

Positional talipes usually improves without any treatment in 2 to 3 months, however, you can help correct the position by following a few simple exercises.

#### 1. Gentle stretches

- With one hand support the calf with the knee bent and with the other hand hold the foot to be exercised.
- The foot can be held with a finger on top and thumb underneath.
- Gently bring the foot round to the middle so it is in line with the leg, then gently bring the foot up into a flat position.
- Hold as long as baby lets you or maximum of 30 seconds.
- Attempt these at every nappy change.



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2. Tickle the outside edge of your baby's foot. This will strengthen the muscles and encourage the foot to turn outwards which will help correct the position of the foot. The toes will start to spread out when you do this exercise. Do this at regular times during the day.



### Also...

- Give your baby some time out of their baby-grow to allow him or her to kick their legs freely.
- Make sure your baby's clothes are not too tight around their feet.

### Follow-up

Your baby does not need a follow-up appointment unless organised by the Physiotherapist that you see on the ward.

If you have any concerns you can contact the Senior Orthopaedic Physiotherapist on 01709 428170 or discuss with midwife/health visitor.

If you do not have follow up arranged and the positional talipes has not improved within 2 months please see your GP as more treatment may be needed.

## How to contact us

### Senior Orthopaedic Physiotherapist

Telephone 01709 428170

### Orthopaedic Secretaries

Telephone 01709 424554

### Rotherham Hospital Switchboard

Telephone 01709 820000

## Useful contact numbers

**If it's not an emergency,  
please consider using a  
Pharmacy or call NHS 111  
before going to A&E.**

### NHS 111 Service

Telephone 111

### Health Info

Telephone 01709 427190

### Stop Smoking Service

Telephone 01709 422444

### UECC (A&E)

Telephone 01709 424455

**For GP out of hours,  
contact your surgery**

## Useful websites

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.arc.org.uk](http://www.arc.org.uk)

[www.improvement.nhs.uk/  
enhancedrecovery](http://www.improvement.nhs.uk/enhancedrecovery)

## We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

### Patient Experience Team

D Level

Rotherham Hospital

Moorgate Road

Rotherham

S60 2UD

Telephone: 01709 424461

Monday to Friday

9.00am until 4.00pm

Email: [your.experience@nhs.net](mailto:your.experience@nhs.net)





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