

Contact details:

- **Inpatient paediatrics - ward 25:** 01623 622515, extension 6181 or 3063
- **Outpatient Children's Therapy Centre:** 01623 622515, extension 3370.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PETn@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PETn@nhs.net. This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202509-05-TEV
Created: December 2018/ Revised: September 2025/
Review Date: September 2027

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Paediatric Physiotherapy

Talipes Equino Varus

Exercises for your baby



Talipes Equino Varus

Talipes Equino Varus means that babies are born with a slightly altered foot position, usually because of the way they have been lying in the womb.



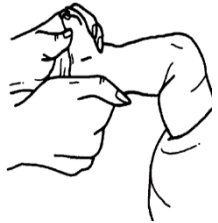
It is important that you do regular exercises to lengthen your baby's tight muscles and correct the position of his/her foot in preparation for walking.

If your doctor feels it appropriate to refer your baby to our physiotherapy service, this will be arranged prior to discharge from hospital and following the initial assessment of your baby on the ward. Contact details for this service can be found on the back of this leaflet.

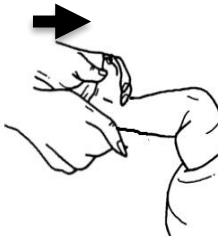
Exercises

We recommend that all of the following exercises are completed regularly; for example at every nappy change. They should be held for 10 seconds and repeated 3 times.

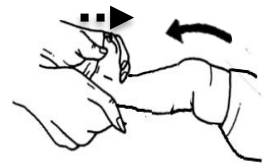
1) With your baby's hip and knee at right angles, hold the heel bone firmly with one hand, using your thumb and first finger to correct the position of the heel so it is in line with the calf.



With the other hand, grip across the base of your baby's toes and turn the forefoot outwards until it is in line with the leg and the side of the foot is straight.



2) With the same position as before, with the forefoot in its corrected position, draw baby's heel downwards so that the forefoot moves upwards towards the shin. This will stretch your baby's Achilles tendon and calf muscle.



3) Using the same stretch as above, with the forefoot held up to the shin, gently straighten your baby's knee to stretch the tendon at the back of the heel.

4) Stimulate your baby to make these movements him/herself by stroking along the outside of the foot from toe to heel, around the ankle bone and up towards the knee.

