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What is Congenital Talipes Equinovarus
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This information is summarized from Physiopedia: Clubfoot Management  https://www.physio-pedia.com/home/

Talipes Equinovarus is typically called Clubfoot. This is a common foot disorder that occurs prenatally, can involve one or both feet and is usually treated immediately after birth. Children that do not receive treatment or management may go on to develop severe deformities that result in poor alignment of the foot and ankle and painful ambulation.

An estimate is that 80% of clubfoot cases occur in low to middle income countries, male:female occurrence is 3:1. Treatment of choice is the Ponseti method.(1)

Clinical Appearance(6)

Relevant foot Anatomy(7)

Description

Ponseti Management

Cavus results when the first metatarsal is plantarflexed (blue line) in relation to the calcaneum and hindfoot (red line). At this stage the first ray is lifted to reduce the cavus which is always the first correction. (2)

Adductus is movement toward the midline. These pictures show that the forefoot is pointed toward the midline and needs to be positioned to midline. This is the second correction. (3)

Varus means movement toward the midline. These pictures show that the heel is angled toward the midline which functionally results in lateral weight bearing of the foot.(4)

Equinus means an increase in plantarflexion of the foot. The calcaneus is plantarflexed (purple line) in relation to the tibia (orange line). This is the final correction and 90% of cases will require an Achilles tendon tenotomy which is followed by casting and then bracing.(5)

The varus of the heel and the whole foot does not need to be actively corrected because it corrects automatically as the forefoot adduction is corrected.

Source
https://www.physio-pedia.com/home
Further references available on request

This project was completed as part of the Physio-pedia course: Managing Children with Clubfoot 2017