

Your child has been diagnosed with Talipes

Information for parents from the Paediatric Orthopaedic Service

What is Talipes?

Talipes is also known as Congenital Talipes Equinovarus (CTEV).

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| Congenital | - | Means that the condition has been present since birth. |
| Talipes | - | Is a medical word for the foot and ankle. |
| Equino | - | Means the foot is pointed downwards. |
| Varus | - | Means the foot is also turned inwards. |

This may have been picked up on your antenatal scan or shortly after birth.

What is the difference between positional Talipes and structural Talipes?

- **Positional** – your baby's feet have been squashed whilst in the womb and as they have been unable to move freely their feet and ankles have become stiff. This is the most common type of Talipes and does not need any treatment.

Once they are born your baby will loosen their own feet by being able to move more freely.

- **Structural** – the muscles and bones are not growing straight. One in 1000 babies will be born with this type of Talipes. This is a programming problem and not because your baby is squashed. These babies will need treatment when they are a few months old with weekly plasters to help stretch their feet gently (see photo).

Plaster treatment is very successful at straightening your baby's feet in six to eight weeks. Following this your baby will need to wear specially designed footwear at night-time until they start school. This is to stop their feet from becoming stiff again as they grow.



What happens next?

- If your baby was diagnosed on antenatal scan we will not be able to tell you which type of Talipes your baby has until they are born.

Most babies with Talipes picked up on antenatal scan will be found to have **positional** type Talipes rather than the **structural** type when they are born, as this is the most common type.

- All babies are assessed by the doctors in the hospital before they go home and this is when most Talipes is picked up. If either type of Talipes is noted, your baby will be referred to the specialist paediatric orthopaedic clinic held at Kent and Canterbury Hospital. Your baby's feet will be assessed and a routine hip ultrasound scan of their hips will be performed at this appointment. For more information on the scan please refer to the Trust's **Infant Hip Ultrasound Scan** leaflet, available via the Trust web site www.ekhuft.nhs.uk/patientinformation
- This appointment should be within four weeks of your baby being born.

Why has my baby also been referred for an ultrasound scan of their hips?

Talipes can be associated with a hip problem commonly known as Clicky Hips or Developmental Dysplasia of the Hip. An ultrasound will quickly be able to tell us how your baby's hips are developing.

Where can I get further information?

If you have any questions or concerns after reading this leaflet, please contact:

- **Appointment enquiries**
Telephone: 01227 864249
- **Paediatric Ponseti Team**
Telephone: 01233 616618 (general enquiries)
Email: ekh-tr.PaedMSk@nhs.net

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation