Physiotherapy advice for infants with foot problems
An information guide
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Most baby foot problems are thought to happen because of the position of the feet and legs in the womb. Sometimes the foot/feet become squashed, as the space becomes less. Now that your baby has space to kick, the problem should start to improve. Exercises and stimulation will help to bring the foot back to a normal position.

Home exercise programme

The following marked exercises should be tried 4 times daily, or at each nappy change. General massage of the foot on a daily basis will also stimulate foot movements. Your physiotherapist will tell you which type of talipes your baby has, and how long to do the exercises for.

For Positional Talipes Equino Varus (TEV), hold the knee bent. Stroke slowly and firmly along the outer side of the foot, as shown. Baby should turn their foot out in response. If the response is poor repeat the stroke again upto 3-5 times.
Hold the knee bent. Put your thumb at the side of the big toe, as shown. Push the foot out and up to stretch the inside of the foot. Hold for 30 seconds, 3 times.

For **Talipes Calcaneo Valgus (TCV)**, hold the knee bent. Pull the foot down and in, as shown. Hold for 30 seconds, 3 times.
Hold the knee bent. Pull the foot down and in, as shown and massage across the front of the ankle, for one minute.

Hold the knee bent. Press in the middle of the ball of the foot until the toes curl down, as shown. Hold for 10 seconds, 3 times.
**Tummy time**

The position of the baby’s foot/feet can be affected by the position of the hips, especially in a newborn infant.

It is important for normal development to introduce tummy time from birth, two or three times a day for a few minutes or longer if the baby is happy and content.

- make sure your baby is awake
- place baby on a firm, flat surface, such as a blanket or changing mat on the floor

![Image of a baby doing tummy time]

- use a rolled up towel or blanket to put under their chest at first. As they get stronger, and start to lift their head up to look, you can remove the roll
- remember to stay near the baby to keep them safe – do not leave them unattended. Talk to them and place toys nearby to encourage them to look up.
Handling
This position is useful for straightening the hips when your baby prefers to have them curled up.

Contact
Please contact your physiotherapist if you have any questions.
If English is not your first language and you need help, please contact the Ethnic Health Team on 0161 627 8770.

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897.

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service.

Date of publication: March 2009
Date of review: September 2017
Date of next review: September 2019
Ref: PI_DS_532
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