



## Royal Manchester Children's Hospital

# Ponseti Technique – Instructions For Boots and Bar Stage

Information For Parents and Carers





## Boots and bar stage

Your child is now at the final stage of their Ponseti treatment. A member of the team will fit the boots and bar on the day the final plaster is removed.

When the plaster is removed your child's feet and legs may look a little bruised and swollen. This will start to settle down once the plaster has been off for a few days.

## Why are the boots and bar important?

The boots and bar hold the feet in the position needed to stop the feet becoming tight again.

## How long will my child wear the boots and bar?

The boots and bar are to be worn at least **23 hours every day for three months**. They can be removed at bath time. Your child will start to learn a routine.

After three months, the boots and bar are worn when your child is asleep at night time – this should be for a minimum of **12-14 hours** and when sleeping during the day in their **normal place of sleep**. Your Consultant will decide if the time spent in the boots and bar needs to be changed.

The boots and bar are used until your child is between 4 – 5 years of age.

Your Consultant will decide when the boots and bar are no longer needed.

When your child is ready to wear shoes, they can wear good fitting footwear of your choice during the day.

## Will my child need any other special equipment?

Your child can use their pram, car seat or high chair as before. If your child is wearing trousers, poppers or buttons between the legs will make it easier for you to dress and undress them.

## Who can fit the boots and bars?

A member of the clinic team will do the first fitting.

You will be taught how to fit the boots and bar yourself, so that they can be fitted at home.

The boots will be set at the correct angle, which must not be altered by anyone other than a member of the clinic team.

## How are the boots fitted?

- The most difficult foot (or affected side) is fitted with the first boot.
- Socks should always be worn with the boots and should be changed every day.
- It is very important to make sure the heel is at the back of the boot, with the foot flat on the rubber base of the boot.
- The foot is then held firmly in place by the tongue and middle strap of the boot. This strap should be pulled as tight as possible.
- Once the heel is in place the other straps can be firmly fastened.
- The second boot can then be fitted in the same way.
- Once the boots are in place attach the bar to the boots.
- The bar will have been set by a member of the clinic team to the correct width for your child.

## Will my child be comfortable in the boots?

Your child may be upset when they first have the boots fitted.

This is not because they are in pain. It is because it is frustrating for your child to have both their feet joined together by the bar.

You can help your child, by doing movements that teach your child to bend both knees at the same time.

Your child will soon learn to move both legs together.

If you notice your child is crying more than usual, check the boots are fitting correctly and check for rubbing or blisters.

These may show that the boots are getting too small or that the bar needs widening and your child will need to be seen in clinic.

## How often will my child need to attend the out-patients clinic?

Usually, your child will return one week after the first fitting.

The next boot check is six weeks after the first fitting and then after three months.

When your child changes to the night time and naps stage, they will have a check after the first six weeks and then every three to six months.

If you are concerned about your child you can arrange an extra appointment via the secretary.

**If you do not follow all the instructions, the treatment is likely to be less successful.**

## You must contact the hospital if:

- You have difficulty fitting the boots yourself.
- You are worried that your child's skin looks sore.
- You think the boots and bar look too small, or are damaged.

Please use the telephone numbers listed under contact details.

## Useful web site addresses

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

[www.steps-charity.org.uk](http://www.steps-charity.org.uk)

[www.uihealthcare.com/topics/medicaldepartments/orthopaedics/clubfeet/index.html](http://www.uihealthcare.com/topics/medicaldepartments/orthopaedics/clubfeet/index.html)

## Contact details

- **Miss Davis' Secretary**                      **0161 701 5356**  
Monday – Friday  
9.00 am – 5.00 pm
- **Out-patient clinic**                              **0161 701 9001**  
Monday – Friday  
9.00 am – 5.00 pm
- **Orthotic clinic co-ordinator**      **0161 701 2380**  
To be used for all Boots and Bar appointments



## No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on  
Tel: (0161) 205 5998 ([www.stopsmokingmanchester.co.uk](http://www.stopsmokingmanchester.co.uk)).

## Translation and Interpretation Service

These translations say "If you require an interpreter, or translation, please ask a member of our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

اذا كنت بحاجة الى مترجم، او ترجمة، من فضلك اطلب من احد موظفينا ترتيب ذلك لك

اگر آپ کو ایک مترجم، یا ترجمہ کی ضرورت ہے، تو برائے کرم ہمارے عملے کے کسی رکن سے کہیں کہ وہ آپ کے لیے اس کا انتظام کرے۔

আপনার যদি একজন দোভাষী, অথবা অনুবাদের প্রয়োজন হয়, দয়া করে আমাদের একজন কর্মীকে বলুন আপনার জন্য ইহা ব্যবস্থা করতে।

Jeśli Pan/Pani potrzebuje tłumacza lub tłumaczenie prosimy w tym celu zwrócić się do członka personelu.

Haddii aad u baahantahay tarjubaan, fadlan waydii qof ka mid ah shaqaalahayga si uu kuugu.

如果你需要翻译或翻译员，请要求我们的员工为你安排



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