



## Royal Manchester Children's Hospital

# Ponseti Technique

Information For Parents and Carers





## The Ponseti technique

Your child has been diagnosed as having Congenital Talipes Equinovarus (CTEV) or fixed talipes.

The treatment that is recommended for your child is called the Ponseti technique.

## What is the Ponseti technique?

It is a technique to straighten the feet, which has been successfully used in the United States of America since the 1960s and in this country from around the year 2000.

The treatment manipulates the soft bones of the foot and stretches the tight tissues. The foot is then held in place with a plaster cast. The cast is left on for 5 – 7 days. This lets the muscles and ligaments relax and the bones reshape into a straighter position.

## What happens next?

At your child's next clinic appointment, the plaster will be removed using a plaster knife or a plaster saw, depending on the child's age.

Your child can have a quick bath before their foot is manipulated and put into a new plaster, which will hold their foot in the correct position.

## How many plasters will my child need?

On average 4 – 6 plaster casts are needed to get the foot into the correct position, but it may be more or less than this, as every foot is different.

## How can I help?

If you are bottle feeding it is useful to have your child's feed with you to offer them during their treatment, to keep them relaxed. For an older child they can be distracted using a toy or snack or drink.

If you are breast-feeding your child, it is also possible to apply the plaster as your child is being fed.

You should change your child's nappy regularly to avoid soiling of the plaster. Fit the leg of the nappy above the top of the plaster, to try and stop the plaster getting wet or dirty.

## Plaster care

### **You must:**

- Check your child's toes are pink and warm at every nappy change.
- Check your child's toes can easily be seen and are in the same position as when the plaster was first applied.
- Check your child's skin around the edges of the plaster for any signs of the plaster rubbing, for example redness.
- Keep the plaster dry.

## You must contact the hospital if:

- You cannot see all your child's toes.
- Your child's toes are not pink and warm.
- The plaster becomes loose, cracked or crumbles.
- Your child is crying more than usual and appears to be uncomfortable. It may be because the plaster is rubbing in an area that cannot be seen.

Please use the telephone numbers listed on page 7.

## Will my child need an operation?

Most children will need a small operation called a tenotomy to release the tight tendon at the back of their heel.

This is done when your child's foot has achieved a good position using plaster casts. The foot is then fully corrected.

## What happens after a tenotomy?

- A plaster is put on for two to three weeks.
- Your child will then be fitted with specially made boots that are joined together by a metal bar.
- The boots and bar hold the feet in the corrected position.
- They must be worn all the time for **3 months**.
- You can remove them once a day so your child can have a bath.
- After 3 months, your child should wear the boots and bar at **night times** and when **asleep during the day** in their **normal sleeping place**.
- This will continue until your child is between 4 – 5 years of age.
- During the day your child can wear well-fitting footwear of your choice.

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

## 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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