

THE PONSETI TECHNIQUE

“How is a club foot treated?”

STEP 1



The technique **gently manipulates** the soft **bones** of the foot and **stretches** the **tight** tissues.



STEP 2



The **manipulated foot** is held in position with a **full leg plaster cast**. This stays in place for **5 - 7 days**.



STEP 3



At the next appointment, the **plaster** is **removed** using a **plaster knife or plaster saw**. Your child can then have a quick bath and be weighed.



STEP 7



After 3 months, the boots and bar should be worn at **night times** for **12 - 14 hours**. This is until your child is **4 - 5 years of age**, to stop the foot turning back in. During the day your child can wear good fitting footwear of your choice.



Both Feet Forward

STEPS 1 - 3 are repeated until the **foot** is in the **correct position**. This usually takes about **4 - 6 plaster casts**.

STEP 6



STEP 5



Immediately after the **tenotomy**, another **plaster** is put on for **2 - 3 weeks**.



STEP 4



When the **foot** is in the **correct position**, your child will usually need a **small operation** to cut the **Achilles tendon**. This is called a **tenotomy**. It is normally done using a local anaesthetic. The cut is the size of a pin prick and does not need stitches.



The **boots and bar** will then be fitted when the final plaster is removed - you will be shown how to do this. They must be worn **together** for **23 hours every day for 3 months**. At bath time, they can be removed for **one hour**.