

## Information for Parents

### Unilateral Talipes

### Midwifery Department

Congenital Talipes or club foot is a condition that affects the development of the foot and ankle.

Congenital means that it is present at birth.

Unilateral means that only one side is affected and the opposite foot and ankle appear normal.

The limb affected with talipes will turn inwards and sometimes downwards as well so that the sole of the foot faces an unnatural direction.

Talipes is a relatively common disorder affecting 1 in 1000 births in the UK. The causes are unknown but the incidence is increased in parents who are affected by the condition or have a previous child who was born with talipes.

The condition causes no pain to the baby but if not treated in infancy then walking on an untreated limb will cause discomfort.

There is no treatment that can be given during the antenatal period but the fact that your baby has a talipes has been recognised early and this will enable a doctor to assess your baby soon after birth and decide upon suitable treatment.

You do not need to be seen by a Consultant during your pregnancy and the condition will not affect the way that you wish to birth your baby.



Treatment will depend upon the severity of the talipes but generally it will involve gentle manipulation and casts to encourage a natural position of the foot. Later treatment may include a minor procedure to help ease the tension in the Achilles tendon and special footwear for the first 3 months.

A vast majority of children born with congenital talipes have normal looking feet after treatment.

If you would like to speak with a paediatric physiotherapist to discuss neonatal treatment in further detail then please contact Antenatal clinic and we can refer you to the relevant department.

## **Useful Information**

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

[www.fetalultrasound.com](http://www.fetalultrasound.com)

[www.nhs.uk/conditions/talipes](http://www.nhs.uk/conditions/talipes)

[www.mumsnet.com/Talk/pregnancy](http://www.mumsnet.com/Talk/pregnancy)

**“This document is available in Welsh /  
Mae'r ddogfen hon ar gael yn Gymraeg”.**