

A Patient's guide to

Ponseti Orthotic Treatment

Your child has been fitted today with boots and bar, for their ongoing Ponseti treatment.

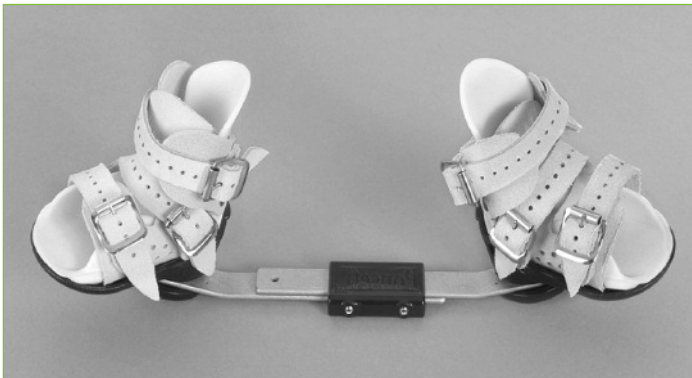
The boots and bar hold the feet in the position needed to stop the ligaments and muscles tightening up and will gradually improve the position of your child's legs and feet.

The first three months

The boots need to be worn 24 hours per day until your child is walking or as directed by your consultant.

After the first three months

Normally your consultant will recommend that the boots are worn at night and during nap times only. This routine may be required to continue for some time as your child develops.



How the boots and bar are fitted

- Boots are worn with socks
- Undo the heel strap and laces on both boots first
- Slide the first foot into the boot, ensuring that the heel is right into the back corner of the boot
- Tighten the heel strap firmly – this is very important to prevent the foot slipping straight out again!
- Then lace the boots firmly. Check the toes are straight, not overlapping or curled under.

If your child remains quiet when the boots are put on, then concentrate on getting the worst affected foot into its boot first. However, if he or she struggles and kicks you will probably find it easier to fit the better foot first.

Your child may initially be upset in the boots and bar. This is quite understandable and is just natural frustration at having the feet joined together. You can help by playing and teaching him/her to move their feet at the same time.

Your boots and bar have been set up for your child. However, the bar will need widening as your child grows. As a good guide, the distance between the boot heels should be the same as the distance between your baby's shoulders.

Problem solving

Red spots or blisters on the feet:

- DON'T put lotion or powder on the feet
- These marks can be caused by movement in the boots. Are they tightly fitted enough?

If the problem persists, please contact the Orthotics Department.

Child continually escaping from the boots:

- Tighten the heel strap by at least 1 hole and tighten laces
- The fit can be made firmer by beginning the lacing at the top holes then tying the bow at the bottom holes near the toes
- Fit the boots with the tongue removed (slide it off the heel strap). This won't harm your child
- Is the distance between the heels still wide enough?

Brace is noisy:

- Check and tighten screws as required, making sure the footplate position and bar length is correct.

Finally

The Ponseti method of treatment is highly successful when carried out correctly. The treatment involves a team effort, the most valuable members of which are you and your baby!

Please persevere with the boots and bar treatment. This form of treatment works very well but it is vitally important that you stick to the treatment plan as discussed with your child's Consultant and Orthotist.

Please do attend any review appointments offered by your consultant, Orthotist, Physiotherapist or Specialist Nurse.

If your child's toes get near the end of the boots and you are sure that the boots are correctly fitted, please contact the Orthotics Department to arrange a review appointment. We can then remeasure your child.

Contact

Orthotist:

Orthotics Department
Royal National Orthopaedic Hospital
Stanmore
Middlesex
HA7 4LP

Tel: 0208 909 5405

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If you have any comments about this leaflet or would like it translated into another language/large print, please contact the Clinical Governance Department on 020 8909 5439/5717.

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