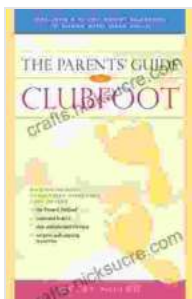


# The Parents Guide to Clubfoot: Causes, Diagnosis, and Treatment

## What is Clubfoot?

Clubfoot, also known as talipes equinovarus, is a birth defect that affects the foot. The foot is turned inward and downward, and the toes are pointed downward. Clubfoot can be caused by genetics, environmental factors, or a combination of both.



## The Parents' Guide to Clubfoot by Betsy Miller

★★★★☆ 4.8 out of 5

Language : English  
File size : 2635 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 162 pages



Clubfoot is a relatively common birth defect, affecting about 1 in every 1,000 babies. It is more common in boys than in girls. Clubfoot can be treated with a variety of methods, including casting, bracing, and surgery.

## Causes of Clubfoot

The exact cause of clubfoot is unknown. However, there are a number of factors that are thought to contribute to the development of this condition, including:

- **Genetics:** Clubfoot can run in families, suggesting that there may be a genetic component to the condition.
- **Environmental factors:** Some environmental factors, such as exposure to certain chemicals or toxins, may also increase the risk of developing clubfoot.
- **Position in the uterus:** Babies who are positioned feet-down in the uterus may be more likely to develop clubfoot.

## **Diagnosis of Clubfoot**

Clubfoot is typically diagnosed at birth. The doctor will examine the baby's feet and look for the characteristic signs of clubfoot. In some cases, an X-ray may be taken to confirm the diagnosis.

## **Treatment of Clubfoot**

The goal of clubfoot treatment is to correct the deformity and allow the child to walk normally. Treatment typically begins soon after birth and may involve a variety of methods, including:

- **Casting:** Casting is the most common treatment for clubfoot. A cast is applied to the foot and leg to hold the foot in the correct position. The cast is typically changed every week or two as the foot gradually corrects itself.
- **Bracing:** Bracing is another option for treating clubfoot. A brace is worn on the foot and leg to help keep the foot in the correct position. Bracing is typically used after casting to help maintain the correction.
- **Surgery:** Surgery may be necessary in some cases to correct clubfoot. Surgery is typically performed when casting and bracing have not been

successful.

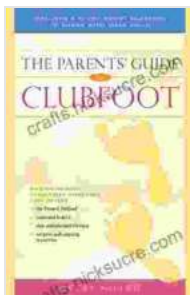
## Prognosis for Clubfoot

The prognosis for clubfoot is generally good. With early and appropriate treatment, most children with clubfoot are able to walk normally. However, some children may have residual problems, such as stiffness or weakness in the foot.

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## Additional Resources

- National Institute of Child Health and Human Development (NICHD)
- Mayo Clinic
- Children's Hospital of Philadelphia



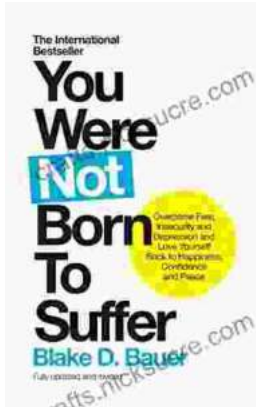
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