



Maintaining clubfoot correction

A step by step guide to bracing



We will walk with you

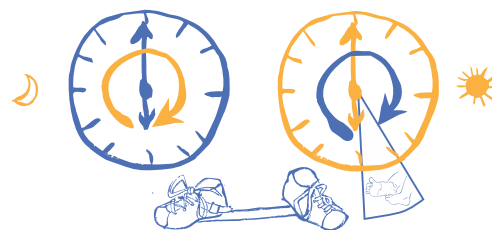
MAINTAINING CLUBFOOT CORRECTION

- After the casting phase, your baby's feet will be straight
- It is important to note that the treatment is not over at this stage.
- Clubfoot has a strong chance of coming back until your child is four years old
- The maintenance phase is to keep the foot straight
- When the last cast is removed, your child will be fitted with a brace
- It is very important to follow the instructions for brace wear or the foot can turn in and your baby will have to start treatment again

STANDARD BRACE SCHEDULE

MONTH 1/MONTH 2/MONTH 3 – 23 hours a day

1 hour a day without the brace, in which you can bath your baby



AFTER 3 MONTHS – 14 to 16 hours a day

Your baby should be wearing the brace at night time and during naps



BRACING FOR THE FIRST 4 YEARS



BRACE TIPS

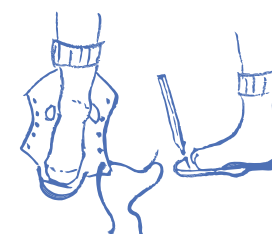


- Your baby will need a few days to adjust to the brace
- Do not remove the brace if your baby cries
- Make the brace part of your baby's routine from the start
- Make sure to put on the brace correctly
- The brace must be worn every day for the correct amount of time
- The shoes must be worn with the bar
- Play with the bar while it is on, move it up and down, show your baby how to move both legs at the same time and bend knees in the brace
- Be consistent and your baby will get used to the bar quickly
- Go back to the clinic if you need help.
- Do not stop using the brace if you have problems!

FITTING THE BRACE



- Skin on legs must be clean and dry
- Do not put any cream on the feet
- Use plain cotton socks
- Fit the more severe foot first
- Open the shoe completely
- Bend the knee and push down as you put on the shoe to keep the heel down
- First time fitting: Draw a pen mark in front of the toes as a guide
- Make sure the heel is right at the back of the shoe
- Press your thumb across the middle of the foot to secure the foot while you tighten the straps or laces
- Make sure that the straps or laces are not too loose or too tight
- Hold the shoe firmly in your hand while pulling bent knee upward to make sure the foot doesn't move inside shoe

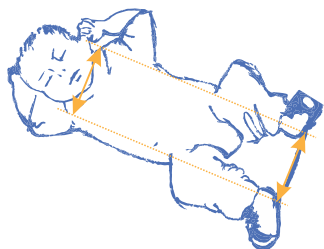




- Lace tighter if necessary
- Check that the heel is still down in the shoe (there are holes in most shoes to see the heel)
- You should be able to see the line you drew in front of the toes
- If the heel is not in place or you can't see the line, remove the shoe and start again
- Don't be afraid to redo it until it is right
- After a few times it will become easier to put the shoes on and part of your routine.
- After the first few days of adjustment, your child should be well wearing the brace well

THE BRACE WILL NOT PREVENT YOUR CHILD FROM CRAWLING, STANDING AND WALKING

PROBLEMS WITH THE BRACE



- It is very important to contact your doctor or go back to the clinic if your child has any problems with the brace
- A problem with the brace can mean:
 - Width of bar is too short
 - Shoes are too small
 - Foot is turning again or not well corrected
- If the shoe does not fit correctly, it can cause problems. Contact your clinic immediately if:
 - Red pressure marks, sores or bruises on the feet
 - Foot slips out of the shoe even when you have tightened it correctly



SLEEP DISTURBANCES?



If, after adjusting to the brace, your baby has disturbed sleep and is not unwell or teething, etc., there are a few things to try:

- Check the shoes are still the correct size. You may need a bigger brace.
- The bar can become too narrow as your child grows. If the bar is adjustable widening it slightly can help.
- If loose bedding is getting tangled in the brace, use a sleeping bag or light blanket
- Pad the side of the cot if the brace is banging on it and waking your baby.
- Move your older child to a camp cot or bed if they need more room for the brace

FOLLOW UP



- Your clinic will arrange regular check-ups to check your child's feet and brace.
- Do not miss these clinic visits, even if the feet look okay.
- A small number of children have more resistant clubfoot that comes back as the child grows, and that may need more casting or sometimes surgery. This is why the regular clinic visits are important.

Support and advice?

- Most clinics have somebody who will explain clubfoot and the treatment.
- At clinic days you will meet other parents who have babies and children in different stages of treatment.
- There are on-line parent support groups and organisations that can help you. Ask the clinic for more information.

As your child's caregiver, you play a very Important role in the success of the treatment. If you have questions or concerns, Please contact your clinic or parent adviser.

CLINIC INFORMATION



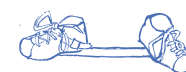
CASTING

1	2	3	4	5	DATE
					✓



CASTING

6	7	8	9	10	DATE
					✓



BRACE

1	2	3	4	5	DATE
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BRACE

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