CLUBFOOT TIPS PART I: THE CASTING PHASE

The first few days after your child’s initial cast can be difficult. Your child may cry a bit more than usual and show some signs of discomfort. However, children usually adapt to the cast very quickly. Try to be as calm and confident as you can – your positivity will help your child through this transition. If you find that your child does not stop crying, please contact your provider.

TIPS:

1. Keep the cast dry and clean. Do not soak or dip the cast in water.
2. Avoid urine or stool from entering the cast(s) as this could cause wounds on the skin. You can prevent this by ensuring that your child’s diaper does not have contact with the cast(s) and that diapers are changed very regularly.
3. Wear socks over the cast during cold or chilly weather.
4. Place a pillow or rolled towels under your child’s cast(s) when the child is laying on his/her back for comfort to prevent the legs and feet from swelling.
5. Regularly monitor your child’s toes throughout the day for warmth and color. Immediately notify your provider if you notice any of the following:
   - Bad odor emanates from inside the cast.
   - Skin redness or swelling around the cast.
   - The toes below the cast become discolored, numb, or cold.
   - The cast becomes loose, damaged, or breaks.
   - The child suddenly turns feverish without any clear cause or reason.
CLUBFOOT TIPS PART II: THE BRACING PHASE

The risk of the relapse is high until the age of 4 or 5 years old, which is why you need to see the brace as a necessary tool your child requires to get well. If you are not consistent in the bracing phase, your child could experience a clubfoot relapse and the casting phase would need to start over. If you follow the treatment and bracing instructions, your child will have the best chances of living with well-corrected and pain-free feet!

TIPS:

1. Please make sure you have a thorough understanding of the brace before you leave your provider’s office. Put the brace on your child for the first time in the presence of the provider, so he/she can see that you are confident about using it.

2. Have the child wear cotton socks with the brace, especially on the first two days.

3. When putting on the brace:
   a. Lay the child down on his/her back.
   b. It may help to put the most severe foot into the shoe first.
   c. Make sure heel is fully pushed down into the shoe and laces are not loose.

4. It may be tempting to remove the brace when the child cries, but resist. It is normal for the child to cry as he/she adjusts to the brace.

5. Play with your child in the brace so the child understands he/she can kick, swing, flex, and extend his/her knees in the brace.

6. Try to keep to a routine (i.e., same time, same place, same person) while putting the brace on/off your child.

7. Do not apply lotion to the child’s skin when the heel shows signs of redness as this may aggravate it. This is usually a sign that the shoelaces were not tightened securely, causing the heel to move up and down.
CLUBFOOT TIPS PART III:
BATH AND BEDTIME

Bedtime and bath time can be overwhelming. With some simple tips, you can help make these times of the day easier for your child…and you!

BATH TIPS
1. Your child can not have a full body bath during the casting phase. You will wash him/her by using a wash cloth or sponge with warm water. Please ensure at all times that the cast does not get wet.
2. If the cast gets very wet it’s important to take your child back to the provider as the plaster will no longer be effective.
3. Purchasing a mesh baby recliner can make cleaning with a washcloth a bit easier. Make sure the recliner is secure on its surface and never leave your child alone as the recliner can become very slippery when wet.
4. You can put on cream and powder as normal, just avoid getting it on the casts.

BEDTIME TIPS
1. Your child’s bar can bang against his or her crib, which disturbs precious sleeping time. Try wrapping the bar with a lightweight cloth or towel to cushion the sound. There are also retailers that sell decorative bar covers to be cute and effective!
2. The legs do not need to be elevated during the bracing phase. Sometimes a towel roll between the knees is comfortable for when your child wears the brace, but turns to sleep on the side.

For more resources, including books, blogs and more, please visit: https://www.miraclefeet.org/clubfoot/resources/

Disclaimer: These are suggestions and all practices should be approved and recommended by your provider.