

## Clubfoot (Talipes Equinovarus)



### Overview

This is a problem that some babies are born with. One or both feet are turned inward and downward. A clubfoot is hard to push into the correct position.

### Causes

We don't know exactly why clubfoot develops. It happens in the womb. It may run in families. It's more common in males, and in people who have a family history of this disorder.

### Symptoms

A doctor can identify clubfoot with a physical exam, and with x-rays.

### Treatment

Clubfoot can be treated with a series of casts that gradually straighten the foot, and then braces that help keep the foot in the correct position as it strengthens. If the Achilles tendon is too tight, it can be lengthened with a simple procedure. Clubfoot can also be treated with surgery. Your healthcare provider can create a plan that's right for you.

