

Clubfoot — caring for the boots and bar

Clubfoot, for parents, after the plasters



This sheet is about the boots and bar, not exercises. After correction, your child must wear the boots-and-bar as advised to stop the foot turning in again. **Usually this means all day and all night for about 3 months after the last plaster, taken off only for the bath; then at night and during daytime naps until about 4 to 5 years of age.** Your child's own schedule is written on the prescription: follow that. Both boots are always worn, even when only one foot had clubfoot. Do not stop the boots-and-bar because the foot looks normal. Do not let anyone massage, stretch or force the foot, and do not take your child to a bone-setter.

1 Putting the boots on



Put on cotton socks with no wrinkles. Bend your child's knee: this lets the heel drop. Push the heel right down into the back of the boot and fasten the ankle strap first, firmly, then the other straps. Check that the heel is down and the toes lie straight, not curled under. Then fix the boots to the bar.

Tell me when the boots start to look tight: your child needs bigger ones as the feet grow.



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or मराठी — or ask for

sheet 63
child feel

The heel down at the back of the boot

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Closed on Sunday. Urgent injury such as a fracture or dislocation? Please call first.

× Should not feel

The heel lifted up, or the toes curled under



Each time the boots come off, look at the heel, the back of the ankle and the top of the foot on both feet. Light pink marks that fade soon after the boots come off are normal. Do not put oil, cream or powder on the skin under the boots.

Every time

Takes 2 minutes

✓ **Should feel**

Skin that is clean and unbroken

✗ **Should not feel**

A blister, raw skin, or a red mark that does not fade



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3

Playing with the bar on



Let your child kick and play with the boots and bar on. Gently push and pull the bar so that both knees bend and straighten together; your child soon learns to kick both legs at once. Most children get used to the boots within a few days, so do not take them off because your child cries at first.

Every day

As often as they like

✓ **Should feel**

Both legs kicking together

✗ **Should not feel**

Taking the boots off because your child cries in the first days

Stop and telephone us if

- A blister, a sore or raw skin where the boots touch
- The heel keeps slipping up out of the boot
- The heel lifts or the foot starts turning in again
- Your child's foot is very stiff, or the legs seem weak



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