

Clubfoot

(Congenital Talipes Equinovarus)

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Description

Club foot (congenital talipes equinovarus) is a congenital foot abnormality where a child's foot twists at the ankle, turning the foot inward.

Causes

Club foot may be associated with other problems in a child but is most often “idiopathic”, meaning we don’t know why the child developed the club foot.

Diagnosis Methods

Club foot is typically diagnosed during prenatal ultrasound screenings and/or noted during newborn examinations where the foot is often found to be rigidly turned in.

Non-surgical Treatment

Club foot in an otherwise healthy child can be effectively treated with minimally invasive procedures such as The Ponseti technique, which uses a series of very specifically molded casts to guide a child's club foot into the proper position.

Surgical Treatment

In the past, 85% of infants with clubfoot underwent major surgery for treatment. I now rarely treat club foot with surgery and almost never in a child without an underlying disorder.

Anterior Tibial Tendon Transfer

This procedure is performed after the age of three if the foot continues to dynamically turn in. It involves moving a tendon from the inside of the foot to the middle so the child can pull the foot straight up. This is the most common surgical procedure performed for club foot.

Posterior Release

(Strayer Procedure)

Infrequently, the Achilles tendon may remain very tight even after treatment which prevents the ankle from moving up so the muscle has to be lengthened and/or the joint loosened.

Osteotomy

In rare cases, a clubfoot may grow banana shaped which requires the cuneiform, cuboid, and / or calcaneus bones to be broken so that the foot can be straightened.

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