

# Congenital Talipes Equinovarus (CTEV) or 'clubfoot' clinic

- Lady Cilento Children's Hospital (LCCH) CTEV service provides the gold standard Ponseti treatment for clubfeet.
- During the initial casting phase, the family will be required to attend the hospital for weekly cast changes – on average four to six weeks of casting is required to correct a clubfoot, however each child is different so these timeframes may vary.
- Once the foot is corrected with casting, a small procedure called a tendo-achilles tenotomy may be required to correct the heel position. This decision is made by the orthopaedic consultant.
- Following the initial management phase, children are fitted into a boots and bar brace to be worn full-time for three months and then overnight until the age of approximately five years.
- The casting treatment and ongoing bracing (Mitchell boots and bar) required are free to the public patient seen at LCCH.
- If surgical intervention is needed, LCCH physiotherapists liaise closely with the orthopaedic consultants to optimise outcomes.
- The physiotherapists provide ongoing review of patients until at least five years of age to closely monitor for relapse and to provide management of relapsing feet.
- LCCH provides a statewide (Queensland and Northern NSW) service, with clinical support to regional therapists including telephone consults, telehealth, e-mail correspondence, and AHPEP training
- Support and training for regional centres offering CTEV management:
  - Rockhampton
  - Mackay
  - Cairns
  - Townsville
  - Mt Isa
- A 'shared' model of care between sites is provided when the need arises, particularly to optimise surgical interventions when indicated.
- LCCH physiotherapists also specialise in the management of other congenital and neurological foot deformities such as congenital vertical talus, metatarsus adductus, and positional talipes equinovarus which has not resolved after six weeks of age.
- Antenatal referral can be made to LCCH physiotherapy, so that Ponseti management and ongoing requirements can be discussed with the family to ensure easy transition to the service.

## Contact us

### Physiotherapy Department

Lady Cilento Children's Hospital

501 Stanley Street, South Brisbane

t 07 3068 5099 | e [LCCH-Physio@health.qld.gov.au](mailto:LCCH-Physio@health.qld.gov.au)

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# Lady Cilento Children's Hospital Clubfoot services

