

## Positional talipes (TCV) exercise information

This leaflet is for parents whose baby has been diagnosed with positional talipes – known as TCV. It provides information on the exercises to be carried out to help correct this condition. If you have any questions or concerns, please speak to your physiotherapist.

### What is TCV?

Positional talipes (*Calcaneo valgus*) is quite a common foot condition in newborn babies. It may affect one or both feet. It causes the foot to turn up when in the rested position. The ankle remains flexible (figure 1), so the foot can easily be moved into a normal position. The condition is thought to occur due to the baby's position in the mother's uterus.



Figure 1

It is diagnosed after an assessment by either a midwife or doctor. You will be referred to a physiotherapist to be taught exercises.

Gentle exercises to the foot will help it to come around into a normal position. It is important to carry them out regularly (for example with every nappy change).

Exercises should be carried out while your baby is relaxed and should never be forced or painful.

### Exercise 1

Gently bring your baby's foot down, as if pointing their toes. Hold for a couple of seconds or longer if your baby lets you without showing signs of distress.



### Exercise 2

Gently massage the top of your baby's foot and ankle using baby oil or olive oil for a few seconds. Do this once a day, maybe at bath time.

Positional talipes usually gets better with the exercises in the first few months. If you are concerned that the foot is stiff or not improving you should consult your child's GP.

### Further information

Royal Berkshire NHS Foundation Trust  
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### References:

1. M Polden, J Mantle (1992) Physiotherapy in obstetrics and gynaecology. P393-397 London. Butterworth Heinemann
2. R Sapsford, J Bullock-Saxton, S Markwell (1999) Women's health: A text book for physiotherapists. P252-257 London. Harcourt Brace and company Limited

This document can be made available in other languages and formats upon request.

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