

# Ponseti Method Handout

---

The Ponseti Method is a non-surgical treatment to correct clubfoot, a condition where a baby's foot is twisted out of shape. This method involves gentle manipulation and casting of the baby's foot, gradually moving it into the correct position.

---

## Casting phase

- **Initial manipulation:** The baby's foot is gently manipulated into a better position.
  - **Plaster cast:** The foot is held in place with a plaster cast. This cast extends from the toes to the thigh to prevent the knee from bending.
  - **Weekly cast changes:** This process is repeated every week for six to eight weeks, gradually improving the foot's alignment.
- 

## Tenotomy

- **Achilles tendon release:** A minor procedure where the Achilles tendon is cut to release tension. This allows the foot to move into a more corrected position.
  - **Final cast:** After the tenotomy, a final cast is applied and worn for about three weeks to allow the tendon to heal in the correct position.
- 

## Bracing phase

- **Foot abduction brace:** After the final cast is removed, the child wears a foot abduction brace to maintain the correction. This brace typically consists of shoes attached to a bar, keeping the feet in an outward position.
  - **Wearing schedule:** The brace is worn full-time (23 hours a day) for the first three months, then during naps and nighttime sleep (12-14 hours a day) for up to three years.
- 

## Measurements and guidelines

- **Casting materials:** Plaster of Paris or fiberglass casts.
- **Casting duration:** Each cast is worn for one week; the entire casting phase lasts six to eight weeks.
- **Brace specifications:** Foot abduction brace with 70 degrees of outward rotation for the affected foot and 40 degrees for the unaffected foot.
- **Follow-up schedule:** Weekly visits during the casting phase, then regular check-ups every 3-6 months during the bracing phase.