

Clubfoot

What is it?

Clubfoot occurs when the tissues connecting the muscles to the bone are shorter than usual. This makes the foot twist out of the normal position and makes it difficult to stand and walk if left untreated. Clubfoot is a fairly common birth defect and is usually an isolated problem. Clubfoot can affect one foot or both feet. Babies with clubfoot may also have **developmental dysplasia of the hip (DDH)**. In DDH, the socket of the thigh bone is too shallow to hold the thigh bone in the joint, causing the thigh bone to slip in and out of the socket.

How common is it?

About 1 in every 1,000 babies is born with clubfoot each year.

What causes it?

The cause of clubfoot is unknown. There may be many factors that cause it. More research is needed to understand the exact cause.

How is it diagnosed?

Clubfoot can be diagnosed during pregnancy or after birth. During pregnancy, prenatal screening tests check for birth defects and other conditions. Soon after birth, a doctor will usually see clubfoot just by looking at the baby's feet. A doctor may want x-rays done to see how severe the clubfoot is.

How is it treated?

Treatment for clubfoot starts soon after birth and may include stretching, casting, and surgery. The doctor will move your baby's foot into a normal position and then place it in a cast to hold it in place. This may be done multiple times to make sure the foot is in the normal position. Surgery is done in some cases where stretching and casting did not work. Your child's doctor will discuss appropriate treatment options with you.

For more information:

Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/clubfoot/symptoms-causes/syc-20350860>

Boston Children's Hospital

<http://www.childrenshospital.org/conditions-and-treatments/conditions/c/clubfoot/symptoms-and-causes>