

Congenital Talipes Equino Varus(CTEV)

- Other changes:

- - Foot size is decreased
- - Medial border is concave, lateral border is convex.
- - Forefoot is planterflexed upon hind foot.
- - Medial crease
- - Posterior crease

- Parts of foot:
- Hind foot: Talus, calcaneus
- Mid Foot: Navicular, cuboid, cuneiform (3 bones)
- Fore Foot: Metatarsal and phalanges.



- Heel equinus Lateral Side Ankle planter flexed.
- Hindfoot varus Back Calcaenous adducted and inverted
- Midfoot cavus Medial side Medial longitudinal arch increased by
planterflexion of first ray
- Forefoot adduction and supination Talonavicular joint medially displaced
calcaenocuboidal joint medially displaced.

- **Packing syndrome related diseases:**

- - Torticollis
- - DDH
- - CTEV
- - Metatarsus adductus.
- - Constriction ring.

- **Etiology of club foot:**

- 1. Exact etiology not known 90% cases.
- 2. Extrinsic pressure of embryo in utero.
- 3. Nerve lesion.
- 4. Hereditary: germ plasm deficient
- 5. Arrested embryonal deficiency
- 6. Failure of muscle development.
- 7. Congenital dislocation of navicular or talus.
- 8. Circulatory: Temporary or permanent breakdown of circulation

The Congenital Clubfoot

- Cavus
- Adductus (midfoot)
- Varus (hindfoot)
- Equinus (hindfoot)



- Treatment protocol:

- - 0-3 weeks : Manual stretching
- - 3 weeks to 3 months: serial plaster
- - 3 months to 3 years: PMR
- - 3 years to 5 years: PMR+ Dillwyn Evans (*Cuboid decancellation*)
- - 5 years – 9 years : PMR+ DWYER (*CALCAENEAL OSTEOTOMY*)
- - 9 years – 12 years : wait and observe
- - 12 years: Tripple arthrodesis (*SUBTALAR+
CALCANOCUBOID+TALONAVICULAR JOINT FUSION*)

Types of clubfoot

- 1. Idiopathic clubfoot-patient not walking
- 2. Syndromic Clubfoot
- 3. Atypical clubfoot
- 4 Complex clubfoot
- 5 Idiopathic clubfoot- patient walking
- 6 Persistent clubfoot
- 7 Post surgical clubfoot
- 8 Well-corrected clubfoot

Types of classification

- Based on cause

- Idiopathic
- Secondary
- Postural

Based on treatment

- corrected
- uncorrected
- Resistant
- Recurrent
- (Neglected)
- Untreated

