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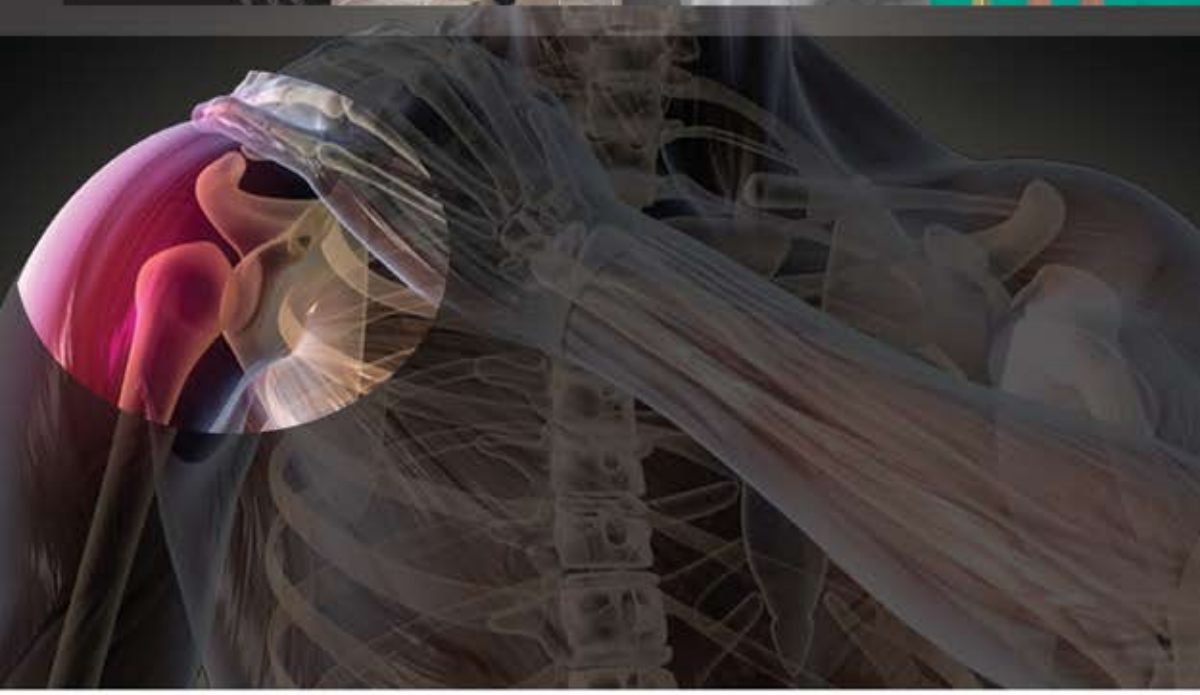
Clinical Approach of Physiotherapy in Postoperative Conditions





Meena Gupta

Foreword
Veena Kalra

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Chapter

3

Congenital Talipes Equinovarus

Talipes equinovarus is also known as clubfoot. It is a congenital deformity of foot in which the shape of foot is inverted medial side and the heel of the same foot is tight. This is because of abnormal pressure in the uterus that results clubfoot it may be unilateral or bilateral. In this condition, patient generally walks on toes and forefoot overlaps on each other (Fig. 3.1).



Fig. 3.1: Bilateral clubfoot

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CAUSES

Primary Clubfoot

- The cause is unknown
- Increase intrauterine pressure
- Low blood supply of the calf muscles during intrauterine life.

Secondary Clubfoot

- Polio
- Spina bifida
- Myelodysplasia.

PHYSIOTHERAPY MANAGEMENT

- To correct the alignment-use splint like congenital talipes equinovarus (CTEV) splint, CTEV shoes and Denis Browne splint (Fig. 3.2).

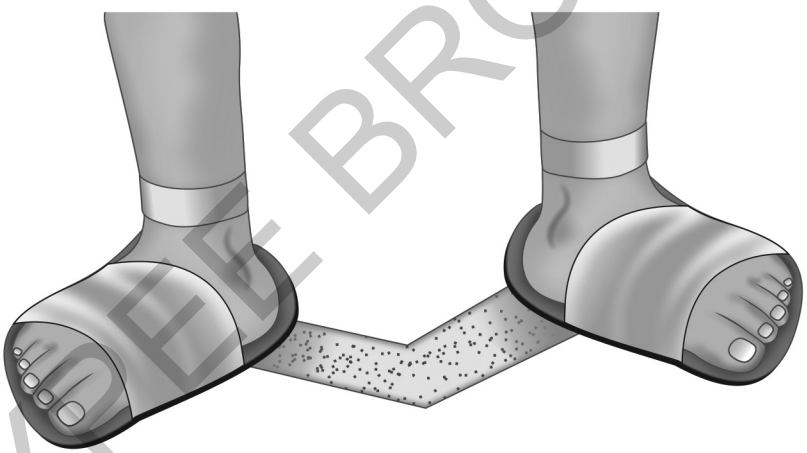

Fig. 3.2: Denis Browne splint

- Proper tendo Achilli (TA) stretching—straighten the leg hold the ankle joint and passively move the foot upward direction hold for few second and repeat it 10–15 times.
- Active TA stretching—use theraband place it on sole of the foot and try to move foot towards your side (patient side).
- Use tapping for correction.

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- Manual manipulation of foot—starting catch, derotation of the calcaneo-forefoot unit first, then internal arch stretching, and maintain for few second—repeat this for few counts.
- Strengthening exercise—try to pull clay with toes, place foot under the sand and try to pull it out from sand in toes up first
- Sideways walking—if child is able to walk, motivate him/her to walk in side-lying position; it helps to correct this also and also suggest use splint in day- and night-time for some time.

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Clinical Approach of
Physiotherapy in Postoperative Conditions

Salient Features

- Explains the clinical approach of rehabilitation/physiotherapy in postoperative conditions in a clear and straightforward manner
- Provides the precise information about the postoperative physiotherapy management step-by-step
- Emphasizes on every postoperative condition and its separate physiotherapy treatment protocol
- Contains the interesting chapters on pediatric rehabilitation
- Contains a large numbers of diagrams, which help to understand the therapy management

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