

## Patient information

# Ponseti Technique: further instructions for boots and bar stage

Your child is now at the final stage of the Ponseti Treatment. A member of the team will fit the boots and bar on the day the “three week plaster” is removed.

When the plaster is removed your baby’s feet and legs may look quite swollen. This will start to settle down once the plaster has been off for a few days.

### **Why are the boots and bar important?**

The boots and bar hold the feet in the position needed to stop the muscles and ligaments becoming tight again.

### **How long will my child wear the boots and bar?**

The boots and bars are to be worn 23+ hours per day for approximately three months. They can only be removed for bathing and dressing (1/2 an hour maximum). After three months the boots can be worn for sleeping and napping only. Well-fitting shoes must be worn for all other times. This is usually up to the age of four years.

### **Will my child need any other special equipment?**

No. Your child can use their pram, car seat or high chair as before. As long as the strap between the legs is detachable, it can be threaded between the bar and legs. If your child is wearing trousers they will need to have poppers or buttons between the legs.

### **Who can fit the boots and bars?**

A member of the team does the fitting. You will then be taught how to fit them yourself, so that the boots can be fitted at home. The boots are set at the correct angle, which must not be altered by anyone other than a member of the team.

## **How are the boots fitted?**

The most difficult foot is fitted first i.e. the affected side. Where both feet are affected the least flexible foot is fitted first. Usually one foot is more moveable than the other. This is fitted last. Boots can be worn with or without socks. It is most important to make sure the heel is placed at the very back of the boot and held firmly in place by the tongue and heel-retaining strap. Once the heel is in place the laces can be fastened and the other boot can be fitted in the same way. It can be useful to mark with a pen where the toes reach on the boot. If the toes move back this usually means that the heel is not flat in the boot.

## **Will my child be comfortable in the boots?**

Your child will probably be upset when they first have the boots fitted. This is not because they are in pain. It is because it is frustrating to your child to have both feet joined together in the bar.

You can help your child through play by doing exercises that teach your child to bend both knees at the same time. Your child will soon learn to move both feet together.

The more time that your child spends wearing the boots, the sooner they will get used to moving both legs together.

If you notice that your child is crying more than usual, check that the boots are fitted correctly and check for rubbing or blisters. These may indicate that the boots are getting too small, or that the bar needs lengthening. If blisters occur your child will need to be seen in the clinic.

## **How often will my child need to attend Out Patients?**

Usually your child will return one week after the first fitting. Then after five more weeks and finally after three months. You will then be seen every three to six months

**Please bring your child's boots and bar along to every appointment.**

**You must contact the hospital if:**

- You have difficulty fitting the boots yourself.

- You are worried your child's skin looks sore.
- If you think the boots and bar look too small or are damaged.
- If you are concerned about your child's feet.

It is important to follow all of the above instructions carefully in order for the treatment to be successful. The clinic staff are happy to answer any queries you may have. They can be contacted via the secretary on **01284 713294**

### **For more Information**

Contact:

West Suffolk Hospital  
Paediatric Orthopaedic Service

Contact Telephone: 01284 713294

N.B. Staff available for plaster changes Monday to Friday 9-5

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