

Positional talipes (TEV) in newborn babies

Positional talipes is where a baby's foot turns inwards and downwards. It is sometimes known as talipes equinovarus (TEV).

It is a common foot condition in newborn babies. It may affect 1 or both feet.

In positional talipes, the foot rests down and inwards. It is fully flexible and can be easily moved into a normal position. It usually resolves by itself within the first few months.

Positional talipes is different to club foot (structural talipes). The foot cannot be gently moved back into place if you have club foot.

Causes of positional talipes

The condition is thought to be caused by the position of the baby in the uterus during pregnancy.

It is not caused by problems with the bones in their foot and will not cause any problems with walking.

A baby with a positional talipes on 1 or both feet should also have a hip examination.

This is because babies with talipes are more at risk of having:

- [torticollis](#)
- hip dysplasia
- scoliosis

Diagnosis of positional talipes

Positional talipes is usually diagnosed after birth when the baby's feet are examined. A physiotherapist or other healthcare professional will show you how to do exercises that can help your baby's feet.

Treatment for positional talipes

Positional talipes will usually improve without any treatment within a couple of months.

But you can also help your baby by:

- doing some simple exercises on their foot
- making sure their clothes are not too tight around their feet
- massaging their foot and ankle with olive oil, baby oil or baby lotion, especially around the skin creases

Exercises for positional talipes

Positional talipes is treated by gentle exercises. These will stretch the foot and ankle in an upwards and outwards direction. A physiotherapist or other healthcare professional will show you how to do these.

The exercises may improve your baby's positional talipes more quickly. There are no known risks or side effects to these exercises. They are not painful for your baby.

Gentle exercises on the foot will help it to come around into a normal position. It is important to do these exercises regularly. For example, with every nappy change.

Exercises should be done when your baby is relaxed and should never be forced or painful.

If it's not improving

Positional talipes usually gets better in the first few months.

Contact your GP, public health nurse or physiotherapist if

your baby's foot:

- is stiff or painful
- does not improve within a few weeks

Your baby may need further treatment.

Sláintecare.

This project has received funding from the Government of Ireland's Sláintecare Integration Fund 2019 under Grant Agreement Number 8.

HSE Live - we're here to help

Monday to Friday: 8am to 8pm

Saturday: 9am to 5pm

Sunday: Closed

Bank holidays: Closed

Freephone: [1800 700 700](tel:1800700700)

From outside Ireland: [00 353 1 240 8787](tel:0035312408787)

[HSE Facebook](#)

[HSE Instagram](#)

[HSE TikTok](#)

[HSE YouTube](#)

[HSE LinkedIn](#)

[HSE X \(Twitter\)](#)

[Complaints and feedback](#)

[Emergencies](#)

[Cookie settings](#)

[Cookie statement](#)

[Accessibility](#)

[Privacy statement](#)

[Disclaimer](#)

© Health Service Executive