

Things to Remember:

1. Having your baby wear the special shoes right is the only way to keep the foot straight. If they are not worn right the problem will come back.
2. Ask a doctor if you have a question about how to put on the special shoes.
3. Your baby will need to wear the special shoes full-time for 3 months and then while sleeping for 3 or 4 years.
4. Helping your child learn to kick with the special shoes will make them more comfortable.
5. You need to follow any advice given by the doctor.
6. With your help your child will live a healthy, normal life.

Schedule:

A health worker will fill in the blanks.

Patient Number: _____

Health Worker Name: _____

Bracing Visit Date:

Next Visit is:

Visit 1: _____

Visit 2: _____

Visit 3: _____

Visit 4: _____

Visit 5: _____

Visit 6: _____

Visit 7: _____

Visit 8: _____

CURE Clubfoot Worldwide was started so that children born with clubfoot around the world can be healed in God's name.

To find out where your nearest clubfoot clinic is, or if you have questions about your treatment contact the Clubfoot Coordinator at:



CURE Clubfoot Worldwide is working with partners to get rid of lifelong disability as a result of clubfoot.

www.cureinternational.org

Doctor, why does my baby need special shoes?





Why does my baby need special shoes?

You might think that your baby is all healed because the clubfoot now looks normal. Do not be fooled! It is not healed yet!

Your child's clubfoot will come back if your child does not wear the special shoes right.

When the casts are finished and your child's foot is straight, you will be given special shoes (called a brace) for your child. They are two shoes with a special bar in the middle, like this picture.



Even if only one foot has the problem, both feet need to be in the special shoes to keep the bad foot straight. Do not remove the shoe from the good foot or bend the bar between the shoes.

Cuddle and play with your child as much as you would with other kids who are not wearing special shoes.



How long will the shoes be worn?

For the first 3 months, your baby should wear the special shoes **full-time** with only one hour off each day for a bath and a stretch. After the first 3 months your baby will only need to wear the special shoes at **night-time**. Your baby will wear them while sleeping until they are 3 or 4 years old.



As your baby grows, you will need to get bigger special shoes at your clinic review visits. The picture shows the different sizes of shoes needed as your child grows.

Will the shoes hurt my baby?

No, the special shoes will not hurt your baby if they are on right. Your child might not like them at first because they feel strange. They will quickly get used to them if you make sure they are on the right way and keep them on even if your baby does not like it.

Help your child learn to kick with both legs at the same time in the special shoes. You can do this by gently pushing and pulling on the bar so your baby bends their knees. Once they learn how to do this your baby will be more happy wearing the special shoes.

During casting, the doctor did the work. During bracing, you will do the work, by making sure the special shoes stay on.

How do I put on the special shoes?

The doctor will show you how to put on the special shoes, but below are some tips.

1. You might want to put well-fitting socks on your baby's feet before putting on the shoes.
2. Hold your baby on your lap or lay your baby face up to put the on the special shoes.
3. Put the worst foot into the special shoes first.
4. Lace the shoes tightly, but not too tight.
5. Check that the heel is down in the shoe by pulling up and down on the lower leg. If the toes move backward and forward, the heel is not down. You must tighten the laces more.
6. Run your finger under the toes to make sure they are straight and not bent under.
7. You should still be able to carry your baby on your back with the special shoes on.
8. Do not bend the bar between the shoes.



With your help, your child will grow up happy and healthy just like other children!

