



Are you concerned about **Clubfoot?**

- Clubfoot is a condition that may involve one or both feet. It causes the affected foot or feet to turn inward and downward at birth.
- Clubfoot is relatively common, occurring in about one in every 1,000 births.
- Approximately half of affected babies have it in both feet, which is known as bilateral clubfoot.
- Most clubfoot is idiopathic, meaning the cause is unknown, but it can be passed down in families.
- Clubfoot occurs twice as often in boys as in girls.

At Shriners Hospitals for Children - Spokane, the most common method used to treat clubfoot is the

Ponseti method.



- The Ponseti method consists of a series of casts followed by bracing.
- Ponseti casting is usually begun by age two weeks, as it is easier then to reshape the foot.
- Once casting is completed and bracing is begun, the time required in the braces is gradually decreased as the child ages. In a child who is ready to walk, bracing time usually can be limited to night and nap times.
- Bracing is usually discontinued around age four.
- Parental cooperation with bracing is essential for success using the Ponseti method.

To read about one of the many successes using this method, go to: <http://wp.me/p23JD5-O>

Is Treatment Effective?

95%



- The Ponseti method, if performed properly, is successful in more than 95% of cases of clubfoot
- Extensive surgery is usually unnecessary with the Ponseti method, but about 90% of infants require an Achilles tendon lengthening, minor surgery that may be done in the clinic or under anesthesia in the OR.
- Some children require additional treatment such as recasting or tendon transfer.

Are There Experts Close By?

Dr. Baird, Assistant Chief of Staff at the Spokane Shriners Hospital, is one of a select group of Ponseti Method Preferred Providers in the U. S. having had one-on-one training with Dr. Ignacio Ponseti who developed this non-operative method of treating clubfoot. Dr. Baird is Board Certified in Orthopaedic Surgery specializing in general pediatric orthopaedic surgery including foot deformities such as clubfoot.



Dr. Bryan Tompkins also treats clubfoot at Shriners Hospital. Dr. Tompkins is a Board Certified Orthopaedic Surgeon specializing in spinal deformity, general pediatric orthopaedics, adolescent hip preservation and pediatric sports medicine.

Call for an appointment:

(509) 623-0431
(888) 895-5951



About Shriners Hospitals for Children

Shriners Hospitals for Children is a health care system of 22 hospitals dedicated to improving the lives of children by providing pediatric specialty care, innovative research, and outstanding teaching programs for medical professionals. All care and services are provided regardless of the patients' ability to pay.



Part of most insurance networks
No Insurance? No Problem! We treat children 0-18 regardless of ability to pay.