

Clubfoot

Ideal treatment using Ponseti Method

Clubfoot is the commonest Congenital deformity seen in Orthopaedic surgery. While there are many treatment modalities in use; the Ponseti method is based on the solid foundation of the biology of the ligaments and kinesiology of the foot. Dr. I.V. Ponseti is now considered the “living god” of Clubfoot as he has the longest follow-up of more than 40 years in his patients. Dr. Milind Chaudhary has been the first Indian surgeon to have learnt directly from Dr Ponseti at Univ of Iowa in 2002.



It is a method of serial casting without anesthesia, with the casts from toe to groin. 5 to 7 serial casts are gently applied each week gradually increasing the correction. A tenotomy may be needed of the tendo-achilles at the end of 5-6 casts. The last cast stays on 3 weeks.

Correction can begin in the very first week after birth. Casts are applied with the baby on the mother's lap. This achieves good correction. After the final cast and tenotomy a Foot abduction Brace is worn for 3 to 4 months continuously and for 4 years at night.



A well corrected foot appears almost normal and is supple and functions well.

We are impressed with the consistency and reliability of the correction.

We have corrected 168 feet in the last 6 years using the Ponseti method. We had to perform tenotomy in about 82 of these. 6 feet developed a recurrence which was corrected with further casting. We had to perform a Posterior Soft Tissue release in only 4 feet.