

## And Finally

If you have any questions or concerns please contact the Physiotherapy Team. Contact details are listed below.

**Office: 01225 824220**

**Grace Jones/Tania Bromham: 07500 972687**

**Emily Graham: 07500 972684**

If you are concerned and would like to send photos of your child's feet for advice from the Physiotherapy team, please email:

[emilygraham@nhs.net](mailto:emilygraham@nhs.net)

[tania.bromham@nhs.net](mailto:tania.bromham@nhs.net)

[Grace.Jones10@nhs.net](mailto:Grace.Jones10@nhs.net)

Further information, resources and support can be found through the STEPS charity [www.steps-charity.org.uk](http://www.steps-charity.org.uk)

Helpline: 01925 750271, Email: [info@steps-charity.org.uk](mailto:info@steps-charity.org.uk)

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park,  
Bath BA1 3NG

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656 or 826319

## Ponseti Technique:

### How to fit Boots and Bars



## Fitting Boots and Bars

Your baby has now come out of cast and is ready for boots and bars. It is important boots are correctly fitted to maintain the correction that has been achieved from casting and to avoid rubbing. Your Physiotherapist will show you how to put on the boots and bars and tell you what to look out for.

### How long do they need to wear the boots and bars?

Initially boots and bars are worn for 23 out of 24 hours for the first 3 months, after which, if your Physiotherapist is happy with the correction, you can drop down to night and nap time, aiming for 14 to 16 hours per day until the age of 5.

It is important that a good bedtime regime is established early, as this will ensure your child goes happily into boots each night. A good way to remember is the 5 B's: Bath, Boots, Bottle, Book and Bed!

### What happens if I have a problem?

It is normal to get some redness underneath the middle strap; this should fade when the boots are off. If you feel the redness is getting worse or becoming sore, please let your Physiotherapist know and they will be able to help with this.

It is also normal for the area between the middle and toe straps to look swollen; this is not swelling but due to the soft tissue distribution in your baby's feet.

It is **not** normal to get blisters or rubbing on the back of the heel. Check that the boots are on correctly and contact your

### Step 7



Fasten the top and toe straps; they should be snug but not overly tight. Recheck the middle strap is done up firmly enough.

### Step 8



Finally, slot the bar onto the boots.

## Step 2



Ensuring the heel remains firmly at back of the boot, bring the tongue across.

## Step 3



Keep pressure over the ankle to ensure that the heel remains in place as you bring the middle strap across and slot into buckle. Always do the middle strap up first.

## Step 4



Then switch pressure to over the strap to ensure the strap is done up as firmly as possible. Be careful not to get creases in the tongue at this stage.

## Step 5

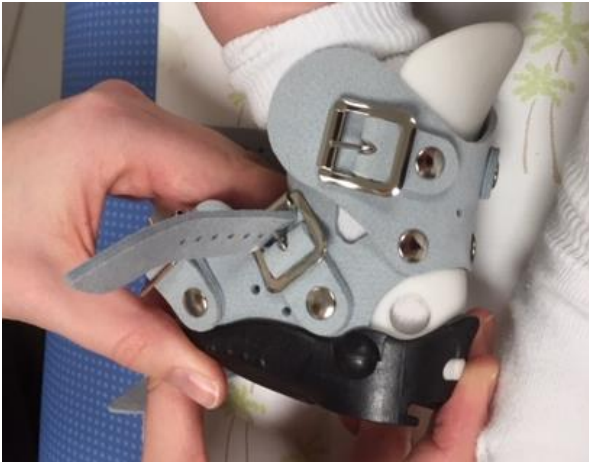


Firmly smooth the strap towards the buckle, you may find you will be able to go up one or two more holes by doing this, especially if boots are new.

## Step 6



When you have finished you should only be able to just get the tip of your finger half way under the strap....



and the heel should be down and clearly visible through the hole at the back.

Physiotherapist. Common errors include poor positioning of heel in boot and the middle strap not being done up firmly enough.

Occasionally you may get marks on other areas of the feet, maybe from a crease or seam of a sock. They rarely cause a problem; however always contact your Physiotherapist if you have concerns.

When your child's toes reach the end of the boot, contact your Physiotherapist to arrange an appointment to have the next size boots fitted.

## Step 1



Open out the boot, grip the foot firmly between your thumb and fingers, lift the foot and place your baby's heel snugly into the heel of the boot. This is always best done with your baby's leg bent.