

Clubfoot Tips & Advice Danielle Bell

*If you have any questions tag me in a post on any of the clubfoot groups!

CASTING PHASE

1. Research Clubfoot Specialist Orthopedic in your area or beyond. I can't stress this enough! I've seen soooo many babies improperly treated and their feet were made *complex* which is much harder to treat! See this list of doctors and the reviews for them. Then go to the many clubfoot Facebook groups and search the group for the dr you are interested in! There should be many posts that come up with all good and bad experiences! You want to find the dr thatq has NO bad reviews! I would never take my baby to someone that has even 1 bad review. Their future and ability to walk depends on the correct treatment by a highly experienced and trained orthopedic specialist! The Dr should be the one applying and molding the cast each time! They may have assistants to help them with the process but it should be the physician that is molding the cast to correct the foot! Doctor list:

https://docs.google.com/spreadsheets/d/1AvG4jdJ-2y9Do_cNswz8ePDM2EdgSIbR2zo9_S7HbZ0/htmlview?fbclid=IwAR34xum8TULmtoh5eTr6hyj-DAPYniCWqBW6O3Jax9_k2memj3tx8Q3LKKc

2. Once you have found the best dr you will get an appt and they will most likely cast the clubfoot/feet that same day! Be prepared and have Tylenol with you to give after the casting. It's helpful if they have had a feeding just before the casting so they are sleepy and relaxed. **IMPORTANT: take pictures immediately after the cast is applied so you can see where the cast comes on the toes. You need to watch for slipping. We never had any slipped casts.
3. Order some baby leg warmers to go over the cast(s) to make handling them more comfortable.
Baby and Toddler Leg Warmers Leggings Kneepads 3.15" x 11.8" Girls Baby Crawling Socks Packs of 6 <https://www.amazon.com/dp/>

B019UNIBOY/

ref=cm_sw_r_cp_api_glt_fabc_TD8NW4B6SPN09R20RNXT?psc=1

4. Babies in casts can't kick and move gas off their tummy so be sure to do tummy rubs, move those legs like a bicycle, and always have Mommy's Bliss Gripe water on hand: <http://www.walmart.com/ip/Mommy-s-Bliss-Gripe-Water-Original-Relieves-Stomach-Discomfort-4-fl-Oz/22223642>

5. The boppy newborn lounger was perfect for supporting the weight of the casts and we also used a rolled up swaddle blanket under the knees for extra support!

<http://www.walmart.com/ip/Boppy-Original-Newborn-Lounger-Big-Blooms/719045165>

6. For baths you will do sponge baths! I wrapped the casts in cling wrap to help keep them from getting wet. I used a waterproof changing pad underneath a towel to do sponge baths on our bed or kitchen table. We used a bowl of warm water and had everything needed to bathe nearby. We would wrap baby in a towel and rinse the hair at the sink.

Changing Mat - Biggest Waterproof & Reusable Portable Changing Pad (25.5"x31.5") for Change Diaper in Any Places - Unisex Design for Girls & Boys - Improved Reinforced Double Seams - Free Storage Bag <https://www.amazon.com/dp/B01DCMNQUI/>

ref=cm_sw_r_cp_api_glt_fabc_PXEJF38948Q1TNGX3DE9

BOOTS & BAR PHASE:

1. I always wash ours inside a pillow case or laundry bag then stretch them with my hands as much as possible. I put them in a laundry bag with a couple towels on rapid wash warm water! It makes a tremendous difference! Stretch out the material and do another wash then stretch and allow to dry!
2. I also add molefoam to the tongue and moleskin to the heel area of the boot every time we get new boots! We never have any problems since I figured those things out!

<http://www.walmart.com/ip/Equate-Super-Moleskin-Padding-Sheets-3-count/35756729>

<http://www.walmart.com/ip/Dr-Scholl-s-Molefoam-Padding-Men-s-and-Women-s-2-CT/10418603>



3. My daughters feet were soooo tiny these were the only socks we found that fit great! We LOVED them! She is 2 now and just now outgrew the 12-24mos size in Gold Bug and we switched to Old Navy 12-24mos and they are working great now!

<https://www.buybuybaby.com/store/product/goldbug-6-pack-folded-cuff-socks/5507105>

4. Also we had some socks from Amazon that were thicker and helped get us through the first few weeks since his feet were sensitive from casting. I'll post those below!

AFO Baby Socks, Knee High - 5 Pack, Ideal for Pediatric AFOs, SMOs and Foot Braces https://www.amazon.com/dp/B07GL62YGD/ref=cm_sw_r_cp_api_glt_fabc_BJYN3C4TNCVNWWANN0B7?_encoding=UTF8&psc=1

5. When my daughter first started BNB I had to criss cross the top two straps. Take middle strap to the top buckle, then take the top strap to the middle buckle, then toe strap like normal! We were able to get a better fit that way!

6. You will want a bar cover to cushion the bar and protect the crib from getting damaged! It also helped my daughter to not wake herself up so much banging the bar on the crib in her sleep.

<https://etsy.me/3iNv06p>

7. SLEEP SACKS! We discovered KYTE BABY bamboo sleep sacks when my daughter was about 9 months old and they are WONDERFUL! I wish we had them from the beginning of boots & bar! They come in different "tog" ratings, which means different thickness depending on the temperature in your babies room. In the fall/winter we used the 1.0 tog sacks, and in the Spring/Summer we use the 0.5 tog sleep sacks. It helps her to sleep soooo good at night and it also keeps them from trying to take their boots off (so far it has, she just turned 2). It also has kept her in the crib longer! I wish I

had them with my son! He climbed out of his crib at 15 months. They are definitely worth every penny!

https://kytebaby.com/products/sleep-bag-in-sage-1-0?variant=13236738293871¤cy=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&gclid=Cj0KCQjw5auGBhDEARIsAFyNm9E6rdzBx11n4-w1ECnsmcnG8Uugiv5yHnTVTE099sZv3QLtndQ_1JgaAkCVEALw_wcB