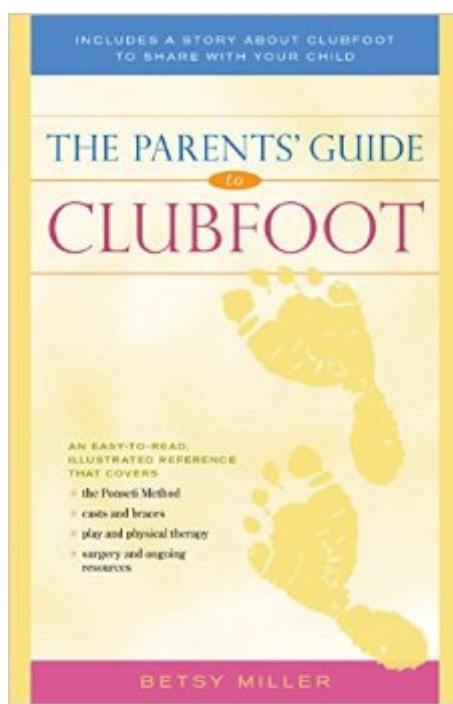


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# The Parents' Guide To Clubfoot



## Synopsis

About one in every thousand babies born each year has clubfoot, a disorder that affects foot and calf muscles. Because treatment usually begins soon after birth and continues for several years, parents play a key role in the treatment of clubfoot and need to be able to communicate effectively with their child's doctor. The Parents' Guide to Clubfoot is the only book about clubfoot that is written for parents so they can learn everything they need to know about their child's condition. It is an all-in-one resource with medical information, advice from parents, comments from clubfoot experts, and even an illustrated story for preschoolers that parents can read aloud to their children. Written in everyday language, the book covers clubfoot in babies and older children from diagnosis through treatment for mild to severe cases. It provides details on clubfoot, its causes, treatment and care, along with an extensive list of resources and clubfoot assessment aids. In keeping with currently preferred treatments in the U.S., it emphasizes the Ponseti method, which minimizes surgery, and includes perspectives from Ponseti-trained clubfoot doctors and parents of children with clubfoot. However, separate chapters discuss all pre-treatment and post-treatment care options and one chapter covers surgery and post-surgery care if it becomes necessary. Parents often have a hard time coping with the diagnosis of clubfoot in their newborn children, and this book reassures them that the condition is treatable. If treated correctly, the child's foot will look normal, and he or she will be fully able to walk, run, and play. Several world-class athletes, including Kristi Yamaguchi, Troy Aikman and Freddy Sanchez, were born with clubfoot. The book includes advice from children with clubfoot that highlights the positive effects of having clubfoot as a child, like getting presents after surgery, and shows active pictures of them after their treatment. As mentioned, the Ponseti method of treatment - once disregarded as quackery - is the most common method of clubfoot treatment in the United States. It involves a series of casts and braces that slowly reposition the foot. To prevent a relapse, these braces need to be worn until the age of four or five. The book provides instruction, advice and tips for caring for a child in a cast, putting on the different braces required for the Ponseti method, and solving common problems like bruising. It also includes a useful list of signs that a child's foot is relapsing. The three most important aspects of the book are:

1. It reassures parents that clubfoot is treatable and that, with the right treatment, their child's foot will look normal and he or she will be able to walk, run, and play.
2. It is important to find a doctor skilled in treating clubfoot with a nonsurgical approach. This is called the Ponseti method after the late Dr. Ponseti, who developed it.
3. Once a child's foot is corrected, following through with brace wear as directed until the age of four or five is the best way to prevent a relapse in which the foot needs to be corrected again.

## Book Information

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## Customer Reviews

When we were told our baby probably had clubfeet, of course I turned to the internet. My advice now - DON'T DO THAT!!! Get this book, read about facts of clubfeet & current treatments. We found it very reassuring because it has other parents' testimonies that address some of the same stuff we're feeling! There was a two month gap from when we found out until we actually met with an orthopedic surgeon to talk about plan of action, so we're so grateful this book is out there! We actually took the book with us to our appointment, and the doctor (who's been practicing for over 25 years) found it very informative with all the diagrams and explanations & she might recommend it to her future patients as a guide through the clubfoot journey! The book is also very helpful to share with our parents and relatives, and childcare provider, so that they too can understand more about clubfeet!

I bought one of these for myself and another 2, one for each pair of grandparents, as soon as we were told our twins would have clubbed feet. It's a great book and has helped explain and prepare us! We feel much more informed and confident about how best to treat and raise our kids!

This book contains lots of good information, about the treatment of clubfoot. It covers the lots of ground on what a clubfoot may look like, when treatment starts and what to expect. There are several real life stories included. Clubfoot can seem a bit daunting at first based on the length of treatment, that the child may be in a brace up to five years. With a new baby that seems like a very

long time, but the example emphasizes how it just because part of the daily life and it really is not life changing for the child or the parent in terms of enduring the treatment. Obviously incorrect treatment or no treatment is life altering with prolonged consequences, but do not be afraid, there is help out there and this book will guide you to that help.

My youngest son was diagnosed with bilateral clubfoot in utero at 19 weeks, 3 days. I found this book, ordered it immediately, and read it cover-to-cover once it arrived. It was, and still is, an immensely helpful reference. It's detailed but digestible, and it really helped inform me about the experiences my son and I would face over the next few years. (My son is 2.5 years old now, and doing great!) I highly recommend this book to anyone who is interested in learning more about clubfoot.

This book is an excellent guide for parents who receive a clubfoot diagnosis. It answers most of your questions and gives helpful tips for treatment. Definitely puts your mind at ease and makes the treatment seem doable, while still being realistic about the challenges.

This is a great guide for parents. It explains the Ponseti method of treatment and goes through each step in the process. The book describes the health care personnel whom are involved in the treatment process, and clearly explains what each person does. Throughout the book, there are anecdotes from parents who have had a child with clubfoot. It is reassuring to read what other parents have done and their suggestions and supportive comments. The book gives lots of helpful hints on all aspects of caring for a child being treated for clubfoot: from diaper changes to playing. It gives a good description of the braces that are used and how they work, as well as information about the types available and where to get them. There are also support groups listed. It is a very complete resource for parents of children being treated with the Ponseti method for clubfoot. -LibraryThing

This book is wonderful! It is very easy-to-read and the pictures and diagrams truly help the reader understand exactly what the author is explaining. The personal stories and photos of families and children affected by clubfoot throughout the book was a very nice touch and, I think, would help calm down a parent who was recently told that their child had a clubfoot because they could see that they were not alone and that the problem could be solved. I recommend this book for anyone who wants to know more about clubfoot or who has a child who has it.

Geared to a very select target audience, this is a wonderful guide on the how come/how to issues and questions parents will have. It is laid out extremely well, very easy to find information and to read/understand it, replete with both pictures and illustrations, it is something parents of these children will want on their library shelves.

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