



# Clubfoot

Clubfoot is a common birth anomaly of one or both feet. It happens when the tendons, which connect muscles to bone in a baby's leg and foot are too short. This pulls the foot into an abnormal position. Babies with clubfoot also may have abnormal foot bones, ankle joints and muscles. It is not painful, but needs to be treated so that the child can walk. Most children with clubfoot can be treated without surgery. Treatment works best when it is started very soon after birth.

Most causes of clubfoot are unknown, but it can also run in families or be related to issues during pregnancy including not having enough fluid around the baby in the womb, some infections, or smoking or use of street drugs.

## Resources for families

### Northwest support resources

- Oregon Family to Family Health Information Center  
[tinyurl.com/y8ed6er5](http://tinyurl.com/y8ed6er5)
- Washington Parent to Parent (P2P) Programs  
[tinyurl.com/yaucv2mk](http://tinyurl.com/yaucv2mk)

### National/international/online resources

- Miracle Feet  
[tinyurl.com/y9wxqppz](http://tinyurl.com/y9wxqppz)
- BabyCenter support group  
[tinyurl.com/yadozwuo](http://tinyurl.com/yadozwuo)
- Clubfoot Club  
[tinyurl.com/ydxceefj](http://tinyurl.com/ydxceefj)
- Moms of babies born with clubfoot - Circle of Moms - Popsugar  
[tinyurl.com/yczuo9rf](http://tinyurl.com/yczuo9rf)

### Information for you and your care team

- Family education materials: Phoenix Children's Hospital [PDF]  
[tinyurl.com/yblwpb3w](http://tinyurl.com/yblwpb3w)
- Method to correct clubfoot - Ponseti International  
[tinyurl.com/y9kj5gtl](http://tinyurl.com/y9kj5gtl)

### Family stories

- Clubfoot stories - Clubfoot Club  
[tinyurl.com/y9nelfz3](http://tinyurl.com/y9nelfz3)
- Clubfoot Journey#1: Our Story by Amy G. - The Clubfoot Store  
[tinyurl.com/yawy7uup](http://tinyurl.com/yawy7uup)
- Tony Spineto: clubfoot triathlete  
[tinyurl.com/y9s693o8](http://tinyurl.com/y9s693o8)

### Clinical trial information

- Children and Clinical Studies  
[tinyurl.com/y75s4twm](http://tinyurl.com/y75s4twm)
- Find an approved clinical trial  
[tinyurl.com/zp3jesq](http://tinyurl.com/zp3jesq)

### Insurance information and help

- Getting insurance for children (OR)  
[tinyurl.com/ydfaaeoy](http://tinyurl.com/ydfaaeoy)
- Getting insurance for children (WA)  
[tinyurl.com/yca9lkey](http://tinyurl.com/yca9lkey)
- Understand your health insurance  
[tinyurl.com/ychy6qnz](http://tinyurl.com/ychy6qnz)
- General/Oregon Health Plan Questions: 855-323-6744

### Other resources

- Favorite resources - Clubfoot Chronicles blog  
[tinyurl.com/ybwpe8fu](http://tinyurl.com/ybwpe8fu)
- Camp Korey  
[tinyurl.com/ybqemxkq](http://tinyurl.com/ybqemxkq)

### Books for parents and children

- Bibliography available by calling the Oregon Family to Family Health Information Center at 855-323-6744
- Swindells' online library search  
[tinyurl.com/y9t2jwcx](http://tinyurl.com/y9t2jwcx)