



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
- Washington Parent to Parent (P2P) Programs
tinyurl.com/yaucv2mk

National/international/online resources

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

Information for you and your care team

- Family education materials: Phoenix Children's Hospital [PDF]
tinyurl.com/yblwbp3w
- Method to correct clubfoot - Ponseti International
tinyurl.com/y9kj5gtl

Family stories

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

Clinical trial information

- Children and Clinical Studies
tinyurl.com/y75s4twm
- Find an approved clinical trial
tinyurl.com/zp3jesq

Insurance information and help

- Getting insurance for children (OR)
tinyurl.com/ydfaaey
- Getting insurance for children (WA)
tinyurl.com/yca9lkey
- Understand your health insurance
tinyurl.com/y46h8nvx
- Learn about coverage
tinyurl.com/y4639rz6
- Road map to health
tinyurl.com/yysc6kv7
- General/Oregon Health Plan Questions: 855-323-6744

Other resources

- Favorite resources - Clubfoot Chronicles blog
tinyurl.com/ybwpe8fu
- Camp Korey
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