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 clauses of clubfoot are unknown, but it can also can 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/yblwpb3w
- Method to correct clubfoot Ponseti International tinyurl.com/y9kj5gtl

Family stories

- Clubfoot stories Clubfoot Club
 <u>tinyurl.com/y9nelfz3</u>
- Clubfoot Journey#1: Our Story by Amy G. - The Clubfoot Store tinyurl.com/yawy7uup
- Tony Spineto: clubfoot triathlete tinyurl.com/y9s69308

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) <u>tinyurl.com/ydfaaeoy</u>
- Getting insurance for children (WA) <u>tinyurl.com/yca9lkey</u>
- 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/ybgemxkg

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 <u>tinyurl.com/y9t2jwcx</u>

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