

9 key practical steps as you start to treat your adult patients with untreated clubfoot

1. Before treating adults it is important to have a good experience in newborns and children in the walking age. After that try to treat some teenagers.

2. When starting treating adults, start with patients with more flexible feet.

3. It is possible to treat consecutive cases, but it is important to exclude the ones with circulatory risk (like diabetes, previous thrombosis, smoking).

4. Advise patients about the possibility of residual pain or deformity at the end of treatment.

5. In Dr. Davi Haje consecutive patients, 26% needed a bone procedure at the end. It is important that the doctor must have some experience in adult foot surgery.

6. Use a lot of cotton to cushion the cast, especially in the pressure areas.

7. Tell the patients that they are going to feel pain during casting manipulation. Must use analgesics to relieve pain during and after casting.

8. Always believe that is possible. Even rigid feet can move with consecutive casts.

9. Always follow Ponseti methodology. Long leg casts must be done. After the last cast, do a short leg cast so the patient can start walking for about 3 to 4 weeks before start using sneakers. For other tips, it is possible to contact Dr. Haje in his whatsapp +55-61= 992181000 or email orthopectus@orthopectus.net