



Ponseti Method for Clubfoot

The [Ponseti Method for Clubfoot](#) begins with a series of gentle manipulations which are designed to help stretch and move the foot back into a more normal position. This is followed by weekly casts being applied which gradually move the foot into the desired position. Once the foot is in the correct position, a small surgical procedure is done to keep the foot in the correct position. The Ponseti Method is a highly successful treatment for clubfoot, with studies showing that over 95% of patients treated with the method have a good outcome. It is also a relatively non-invasive treatment that can be done without the need for general anesthesia in most cases. The key to the success of the Ponseti Method is early diagnosis and treatment. If the method is started as soon as possible after birth, the chance of success is much higher.