



## Ponseti Method for Clubfoot

The majority of clubfeet can be corrected in infancy in about six to eight weeks with proper gentle manipulations and a series of plaster casts. The treatment is based on a sound understanding of the functional anatomy of the foot and the biological response of muscles, ligaments and bones to corrective position changes gradually obtained by manipulation and casting. The [Ponseti Method for Clubfoot](#) has been found to be highly effective in treating clubfoot. In studies, more than 90 percent of patients have seen their feet corrected with the method. It is also much less invasive than surgery, which can be painful and require a lengthy recovery time.

Treatment should be started in the first week or two of life in order to take advantage of the favorable elasticity of the tissues forming the ligaments, joint capsules and tendons. With our treatment these structures are stretched with weekly, gentle manipulations.