



Ponseti Method for Clubfoot

The Ponseti method is a nonsurgical treatment for clubfoot, a foot deformity commonly seen in newborns. It is a relatively simple and painless treatment that has been used for decades to treat the condition.

The goal of the [Ponseti Method for Clubfoot](#) is to gradually stretch the foot and reshape it into a normal position. This is accomplished by manipulating the foot and ankle, stretching the heel cord and ligaments, and then placing a cast on the foot to maintain the new position. The cast is changed every 1-2 weeks to further shape the foot.