



# Clubfoot Treatment for Babies

[Clubfoot Treatment for Babies](#) is an important step in providing long-term improved mobility and quality of life. Clubfoot is a birth defect where one or both feet are turned inward, making walking difficult or impossible. This condition is thought to be caused by a combination of genetic and environmental factors, and the treatment goals are to correct the deformity and restore normal foot alignment.

The most common treatment for clubfoot in babies is the Ponseti Method. This method uses a combination of stretching and casting to gradually correct the deformity. After the casting period is complete, a special brace must be worn by the baby to maintain the correction. This brace is typically worn 23 hours a day for up to three years.