Study of outcome of Ponseti technique of management for idiopathic clubfoot in a tertiary center in south India

Lulu Damsas

Follow this and additional works at: https://impressions.manipal.edu/kmcmlr

Part of the Medicine and Health Sciences Commons
Study of outcome of Ponseti technique of management for idiopathic clubfoot in a tertiary center in south India

Lulu Damsas¹, K Ramachandra Kamath², Chethan B Shetty³, Sudhakar⁴, Arkesh⁵, Nabeel⁶

¹Post graduate, ²Professor and unit chief, ³Senior resident ⁴CMO Government wenlock hospital, ⁵Assistant professor, ⁶Senior resident

Department of Orthopedics, Senior resident, Kasturba Medical College Mangalore, Manipal Academy Of Higher Education, Manipal, Karnataka, India

ABSTRACT

Background: Congenital talipes Equinovarus (CTEV), also known as clubfoot, is the most common deformity of musculoskeletal system in newborns. Kites method was the first non-surgical treatment developed. Ignacio Ponseti developed his method of non-surgical treatment of congenital clubfoot by which counter pressure is on talar head. Many studies with long-term follow-up reveal that Ponseti technique of clubfoot management is economical, simple, non-invasive, and effective. Aim of the study was to study the outcome of Ponseti technique for management of the idiopathic clubfoot in a tertiary center in south India, in relation to age, gender, duration of cast, relapses. This study had included 100 idiopathic clubfeet treated with Ponseti method with 1 year follow-up, included only cases of idiopathic clubfoot and cases presented less than 1 year. Results: Average number of cast applied before tenotomy was 6.94 and 91% of cases we had done tenotomy. Results were analyzed using Richard scoring and as per Richard scoring we have good result for 94% of cases. Ponseti technique for treatment of clubfoot is economical, simple, non-invasive, and effective with good functional outcome and also decreases economical and social burden for parents.

Keywords: Idiopathic, congenital, clubfoot, Ponseti method, Pirani scoring, Richard scoring