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

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ABSTRACT

Background : Congenital talipes Equinovarus (CTEV) , also known as clubfoot is the most common deformity of musculoskeletal system in newborn . Kites method was the first non-surgical treatment developed. Ignasio 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