

Treatment is available in the Rehabilitation

Departments of the following hospitals

HOSPITAL	CLINIC DAY
PARIRENYATWA	TUESDAY
SALLY MUGABE CENTRAL	THURSDAY
MPILO CENTRAL	TUESDAY
UNITED BULAWAYO	WEDNESDAY
CHITUNGWIZA CENTRAL	MONDAY
BINDURA PROVINCIAL	WEDNESDAY
CHINHOYI PROVINCIAL	TUESDAY
GWANDA PROVINCIAL	FRIDAY
GWERU PROVINCIAL	THURSDAY
MARONDERA PROVINCIAL	WEDNESDAY
MASVINGO PROVINCIAL	THURSDAY
VICTORIA CHITEPO PROVINCIAL	THURSDAY
TSHOLOTSHO DISTRICT	WEDNESDAY



**FOR MORE INFORMATION CONTACT**

Zimbabwe Sustainable Clubfoot Programme (ZSCP)

Email: [zscpteam@gmail.com](mailto:zscpteam@gmail.com)

Or any Rehabilitation Department at your nearest hospital.

## Clubfoot Treatment Programme

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## THIS IS CLUBFOOT



## IT CAN BE TREATED



**TREATMENT IS FREE FOR CHILDREN**

**UNDER 5 YEARS OLD**

## WHAT IS CLUBFOOT?



- Clubfoot is a foot deformity of one or both feet, present at birth and it has no known cause.
- It is not caused by witchcraft, any action or inaction of either parent.
- The foot looks like it is turned inwards and upwards and if left untreated will lead to lifelong disability.
- The deformity can vary from mild to severe in appearance. All deformities can be treated.
- Clubfoot can occur on its own or in association with other conditions like Arthrogryposis, Spina Bifida and Cerebral Palsy.

## CASTING

The Ponseti Method is a weekly treatment, where the child will be put in plaster casts. Normally, this takes 6–8 weeks and will be followed by a Tenotomy



## TENOTOMY

This is a small procedure which will be done using local anaesthetic. After the Tenotomy, the feet will be cast in plaster for 3 weeks.



## BRACING

This bracing stage is in two phases

- I. Wearing a brace for 3 months for 23hours a day.
- II. Wearing the brace every night and sleep time for 12-14 hours a day until the child is 4-5 years old.



## OUTCOME

Most children with Ponseti treated Clubfoot will learn to walk, run and play without pain as well as wear normal shoes like any other child.



## TREATMENT

- Clubfoot is a treatable deformity
- The Ponseti Method is an acceptable treatment technique for Clubfoot, around the world.