

## Clubfoot Management Schedule

Management Schedule	Schedule/Duration	Appointment Number
Manipulation and Casting <ul style="list-style-type: none"> <li>• 4-6 weeks</li> </ul>	Week 1	1
	Week 2	2
	Week 3	3
	Week 4	4
	Week 5	5
	Week 6	6
Tenotomy (3 wks to heal) <ul style="list-style-type: none"> <li>• 1 week post tenotomy check</li> </ul>	Week 7	7
	Week 8	8
Braces <ul style="list-style-type: none"> <li>• Begin 23hr/day regime (12 wks)               <ul style="list-style-type: none"> <li>○ 1 wk post follow-up</li> <li>○ 1 mth follow-up</li> </ul> </li> <li>• After 12 wks of bracing 23h/day Begin Night/Naps regime               <ul style="list-style-type: none"> <li>○ 3 monthly follow-up until 2 years old</li> </ul> </li> <li>○ 6 monthly follow-up until 5-7 years old</li> </ul>	Week 10	9
	Week 11	10
	Week 15	11
	Week 22 (5-6 months)	12
	8-9 months	13
	11-12 months	14
	14-15 months	15
	17-18 months	16
	20-21 months	17
	23-24 months	18
	2.5 years	19
	3 years	20
	3.5 years	21
	4 years	22

	4.5 years	23
	5 years	24
Post Removal of Braces Follow up Schedule (1 month post FAB discontinued)	5.1 years	25
	5.7 years	26
	6 years	27
	6.5 years	28
	7 years	29
○ Annually then 2 yearly until reach maturity	7+ years old	30