

## \* What is varus, valgus foot deformity?

- Foot varus /valgus is a deformity commonly seen in the newborn.

Varus deformity is an abnormal position in which a part of a limb is bent or twisted inward, toward the center. The opposite deformation, where the twist is outward, away from the center of the body, is called valgus. Although it is very obvious, the range of motion is rather normal. Most of these cases would subside naturally or could be resolved by passive gradual stretching foot massage.



- Probable occurrence can be due to intrauterine position with compression of the feet.

### \* Nursing massage instruction :

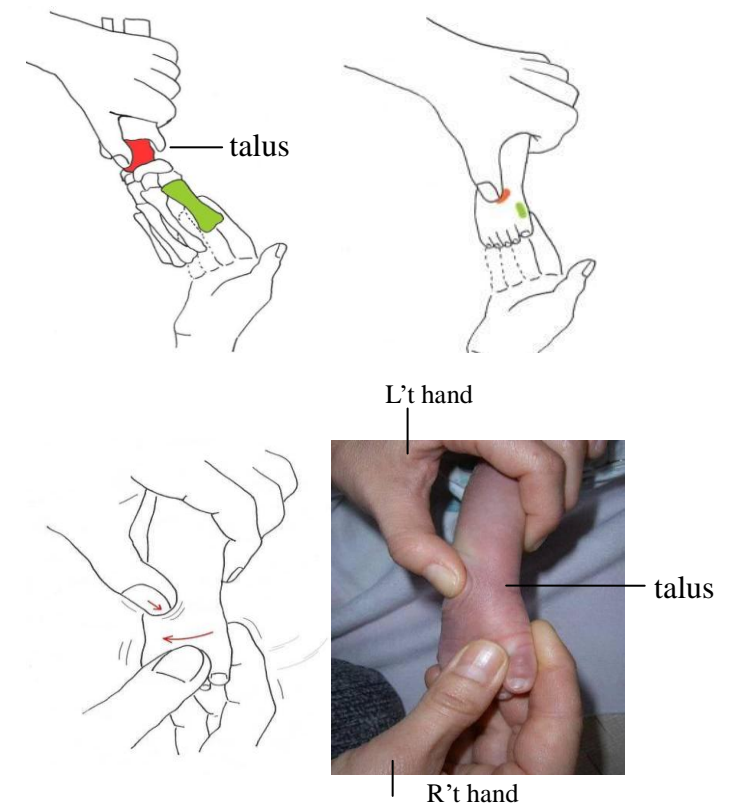
#### Manipulation for varus deformity-

##### 1. Foot inversion massage :

Grasp the right foot with the (left) hand, the thumb and index finger forming an L-shape, place the plantar aspect of the baby's foot in between the thumb and index finger, the thumb just along the back of the foot, the index finger supporting the heel area.

2. With the other hand: Raise the first ray (= Metatarsal I and the Phalanges of the first toe). Do this by placing index and middle finger under the plantar-medial part of the Metatarsal I.

3. The toes and metatarsals are held with the right hand, extend the foot *outward* about 15 degrees and stop for 10 seconds, 3-4 times a day, 10-20 times each set.



Manipulation for valgus deformity –  
reverse of the varus

1. With the thumb and index finger forming an L-shape, place the plantar aspect of the baby's foot in between the thumb and index finger, the thumb just along the back of the foot, the index finger supporting the heel area.
2. With the other hand: Raise the first ray (= Metatarsal I and the Phalanges of the first toe). Do this by placing index and middle finger under the plantar-medial part of the Metatarsal I.
3. The toes and metatarsals are held with the right hand, extend the foot *inward* about 15 degrees and stop for 10 seconds, 3-4 times a day, 10-20 times each set.

**\* Follow-up after a month in the pediatric OPD department.**



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(Picture taken from the Internet)

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