

Evidence about Ponseti treatment for clubfoot

Treatment of Idiopathic Clubfoot: A thirty-year follow up note. *Cooper and Dietz. JBJS 77A, 1477*

- N=45
- 71 idiopathic clubfeet
- Ponseti Treatment
- Started before 4 m
- Age at f.up = 34 y
- Questionnaire
- Radiographs
- Physical Exam
- Pedobarograph
- Electrogoniometry
- Comparison Group of patients in waiting area of Ophthalmology Clinic answered questionnaire

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- Results: outcomes
 - Excellent = Foot does not limit activities of daily living, and is either never painful or only occasionally causes mild pain
 - Good = Occasionally limits activities of daily living or strenuous activities, or is painful after strenuous activities.
 - Poor = Limits daily activities or routine walking, or causes pain during routine activities or at night

Treatment of Idiopathic Clubfoot: A thirty-year follow up note. *Cooper and Dietz. JBJS 77A, 1477*

Results: Clubfeet

- Excellent = 62%
- Good = 16%
- Poor = 22%

Results: Comparison Group

- Excellent = 63%
- Good = 22%
- Poor = 15%

Evaluation of Ponseti Method for Conservative Management of Idiopathic Clubfeet. *Herzenberg J.E. et al* *University of Maryland*

- Started Ponseti in 1997
- Retrospective review of 1st 27 Patients/34 feet
- Serial casting begun within first three months of life
- All casts applied by senior author
- Severity and side matched control group from pre 1997
- Parameter studied = need to perform PMR
- Follow up > 1 year

Evaluation of Ponseti Method for Conservative Management of Idiopathic Clubfeet. *Herzenberg J.E. et al* *University of Maryland*

- Results

	PMR required	Average casting duration	Final dorsiflexion	Final plantar-flexion
Ponseti group	1/34 (3%)	2 months	32°	50°
Control group	32/34 (94%)	3 months	8°	29°

Evaluation of the IOWA (Ponseti) Technique for the treatment of the idiopathic clubfoot *W. Lehman, Hospital for Joint Diseases, New York*

- n = 37 feet
- 36 corrected, 1 failed correction (TS < 1.5)
- 36 fitted with foot abduction Brace
- Compliant with brace
 - All remained corrected (n=27)
- Non compliant with brace (n=9)
 - Remained corrected = 3, recurrence = 6

Early Experience with the Ponseti Method of managing the Congenital Clubfoot deformity at Mulago Hospital, Kampala

- 6/12 survey (2000)
- Mulago Clubfoot Clinic, Kampala
- 40 infants, 64 feet
- ~ 6.6 weeks at start rx
- ~ 7.4 weeks casting
- 45 tenotomies
- 53/64 feet corrected
- 11/64 uncorrected
 - 4 syndromic
 - 4 untrained Orth Officer
 - 3 ?

Q. Can the congenital clubfoot deformity be corrected in Uganda with the Ponseti Method?

A. *>80% of congenital clubfeet can be corrected by trained orthopaedic officers & physiotherapists*