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Outcome of Ponseti treatment in idiopathic club foot in school age children

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Introduction & Aim: The Ponseti method of treating club foot has been shown to be effective in children up to two years of age. However, it is not known whether it is successful in older children or not. The goal of treatment is to correct all components of deformity so that the patient has a pain-free, plantigrade foot with good mobility, without calluses and without need to wear special or modified shoes. The purpose of this study is to determine outcome of Ponseti treatment in idiopathic club foot in school age children.

Method: This study was conducted in Jinnah Postgraduate Medical Centre, Karachi, Pakistan from 1st Jan 2013 to 31st April 2015. Total number of cases was 49. The study included 67 feet of 49 patients (29 boys, 20 girls; mean age 6 years; range 3 years to 10 years) with idiopathic clubfoot deformities of Pirani score of IV, V and VI. All patients had manipulation casting in accordance with the Ponseti technique and percutaneous Achilles tenotomy was performed in the presence of persistent equinus under local anesthesia. The data was analyzed using software SPSS version 13 and presented in form of tables and charts.

Results: We followed the functional Ponseti Scoring System and got good to excellent results in 44 patients - 89.79% (58 clubfeet - 86.56%) at mean 2 year of follow up. Improvements for each separate component (varus, medial rotation of calcaneo-pedal block and adducts) were found to be statistically significant. Painless, supple, plantigrade and cosmetically acceptable feet were achieved in 44 (89.79) clubfeet.

Conclusion: The Ponseti method is an effective method in correcting the deformities of clubfeet even in school age children.

Biography

Ranjeet Kumar has completed his Medical education from Liaquat University of Medical & Health Sciences, Pakistan. He has worked as a Senior Causality Medical Officer for one year at Ziauddin University Hospital, Pakistan. He has then moved to South Korea in 2015 and started his research work in Korean Orthopaedic Association.

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