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# PEDIATRICS AND ADOLESCENT MEDICINE

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## The role of "Ponsette manoeuvre" in Children with CTEV

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**Introduction:** Idiopathic clubfoot is a common presentation in pediatric orthopedics. Neglected clubfoot is destined to grow up with deformity, is disabling, painful and contributes to poverty in developing nations. Many treatment options are in use, however, its first line management is still controversial. We conducted a study to determine the efficacy of ponseti method in the management of clubfoot.

**Methodology:** This study was a prospective interventional study conducted at the Paediatric Surgery Department, Children Hospital, PIMS and Islamabad. A total of 100 children presenting with club feet of either gender or age were included in the study. The patients with any other congenital abnormality along with club feet and those having critical medical condition or have multiple problems were excluded from the study. The study outcome was measured in terms of successful outcome of ponseti method as achieving a plantigrade foot without the need for an extensive soft tissue release and those requiring soft tissue release were considered treatment failures.

**Results:** The mean age of patients was 5.7 +2.1 months with male preponderance 57 (57.0%) compared to females 43 (43.0%). The pre intervention mean + SD pirani score was 4.6 + 1.3. In this study, 81 (81.0%) children achieved a plantigrade foot after management whereas 17 (17.0%) required extensive soft tissue release which was managed surgically whereas 2 patients were lost to follow-up.

**Conclusion:** Ponseti maneuver is highly effective and successful in children with clubfoot as more than 80.0% patients achieved plantigrade foot. However, 17.0% cases required surgical management to release soft tissue after relapse.

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