

Abstract

Title: Bracing in the treatment of children with clubfoot

Objectives:

The diploma thesis aimed to introduce the issue of pes equinovarus congenitus (PEC) with a focus on conservative treatment procedure using the Ponseti method and to verify this procedure in practice. The secondary aim of the diploma thesis was to create a brochure for parents of children with PEC.

Methods: The research method of the diploma thesis was a case study based on the real treatment procedure of a proband with pes equinovarus congenitus. The research included one female proband early after birth and started 4th day after birth. Conservative treatment by Professor Ponseti was indicated for the proband. The evaluation of deformity development was conducted using the Pirani scoring scale and goniometric measurement. The research was conducted from 2 December 2022 to 22 March 2023.

Results: Goniometric examination revealed a reduced range of motion of dorsal flexion of 20° at the beginning of the intervention. At the end of the research, dorsal flexion of 35° was possible. Initial examination of the proband revealed a Pirani score of 3, out of a maximum possible score of 6. After a relatively short period, the score dropped to 0.5. During further measurements, the score dropped to 0 in all areas.

Keywords: deformity, Ponseti, treatment, bracing, rehabilitation