

Comparing the Long-Term Outcomes of Clubfoot Treatments

Posteromedial release (PMR) and Ponseti casting have both been used to treat clubfoot



Comparing the long-term outcomes of both these techniques is essential for identifying the better treatment strategy

Prospective examination of 15-year outcomes of PMR and Ponseti casting



Patient-reported outcomes








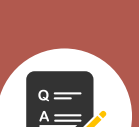
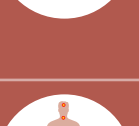
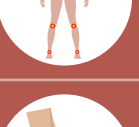
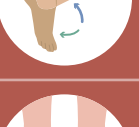


Clinical examination



3-dimensional gait analysis



Pedobarography

Outcomes	 Ponseti Casting	 PMR
 Additional surgical procedure	42%	48%
 Dimeglio score	5.8	7.0
 Disease Specific Instrument score	80.7	65.6
 AAOS Foot and Ankle Outcomes Questionnaire score	52.2	46.6
 Functional Disability Inventory score	1.1	5.1
 Sagittal ankle range of motion	23.4°	18.7°
 Ankle plantar flexion at toe-off	8.5°	5.2°
 Centre of pressure, lateral area	9.3 cm ²	14.9 cm ²
 Further surgery for major relapse	13%	36%



Ponseti casting is the recommended treatment for idiopathic clubfoot due to better long-term outcomes

A Prospective, Median 15-Year Comparison of Ponseti Casting and Surgical Treatment of Clubfoot

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