

Ponseti Casting Technique

Step 1- Correct Forefoot Cavus



Typically corrects after 1st cast application
Forefoot is supinated and abducted
Counter-pressure applied at head of the talus

Step 2- Correct Adduction and Varus



Abduction of the foot allows for correction of the calcaneus varus position
Goal -- 70% abduction

Step 3 - Correct Equinus

- Percutaneous Achilles Tenotomy often required
- Performed in clinic or OR under local anesthesia
 - 1.5 cm above calcaneus with the foot held in maximum dorsiflexion (goal - 15 degrees DF)
 - Final cast for additional 3 weeks in 15-30 deg. of dorsiflexion and the forefoot abducted 60-70 deg.