



## Activity & Coloring Book

Name: \_\_\_\_\_



**A non-profit organization  
501(c)(3)-filed**

*Clubfoot C.A.R.E.S (Clubfoot Community, Advocacy, Resource, Empowerment & Support) is a U.S.-based advocacy group dedicated to promoting public awareness of Clubfoot and The Ponseti Method, as well as educating and empowering patients and their families.*

[www.clubfootcares.org](http://www.clubfootcares.org)

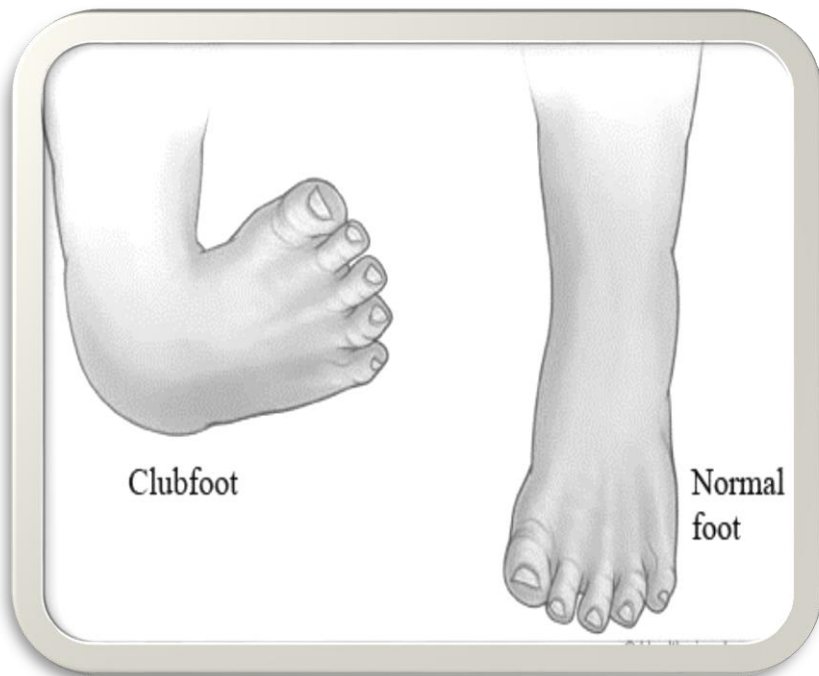
**DONATE :** [www.gofundme.com/ClubfootCARES](http://www.gofundme.com/ClubfootCARES)

**Facebook page:** Clubfoot C.A.R.E.S

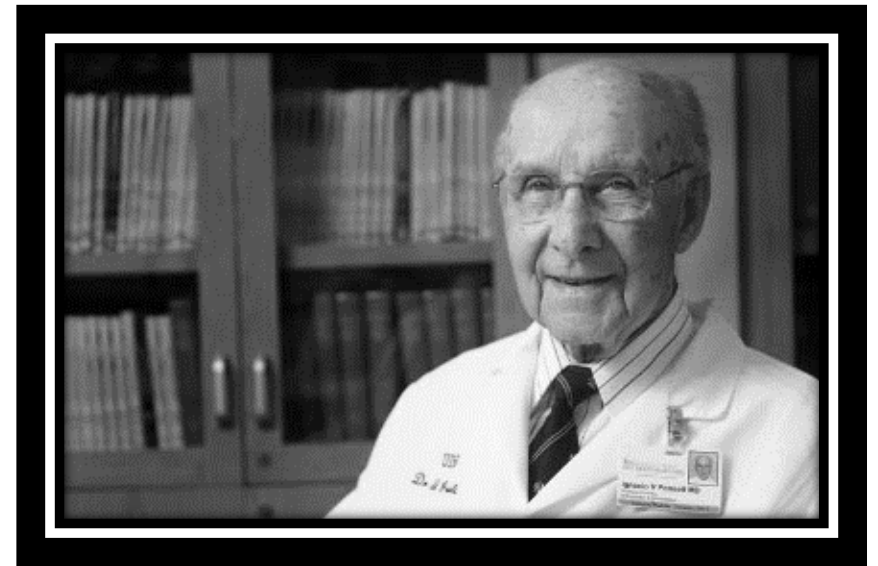
**Facebook Regional Groups:**

Clubfoot C.A.R.E.S West  
Clubfoot C.A.R.E.S Northeast  
Clubfoot C.A.R.E.S South  
Clubfoot C.A.R.E.S Midwest

*Clubfoot is the most common inherited congenital(at birth) limb deformity. Clubfoot occurs when an infant's foot is turned inward. Approximately 1/1,000 babies worldwide are born with clubfoot.*



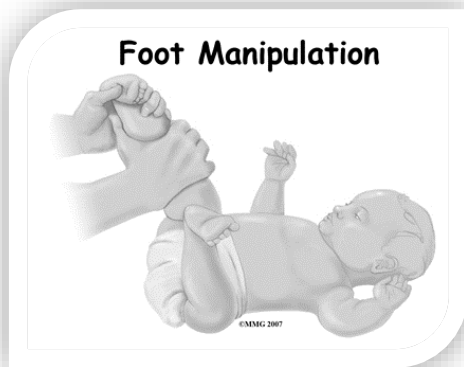
*Nonsurgical treatment, called **The Ponseti Method**, uses gentle stretching and casting to gradually correct the foot or feet. The goal of treatment is to obtain a functional, pain-free foot and involves 3 steps.*



*World Clubfoot Day is celebrated on June 3,  
Dr. Ignacio Ponseti's birthday!*



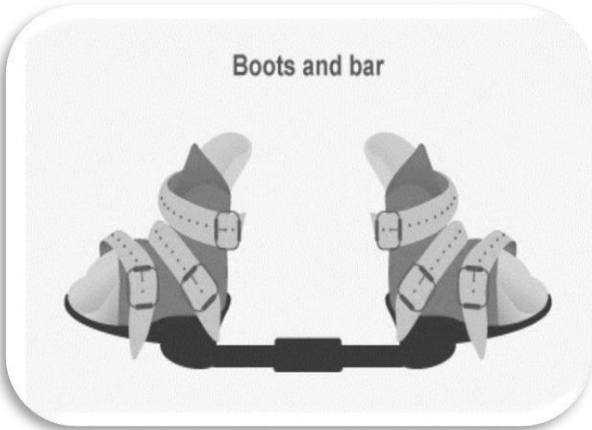
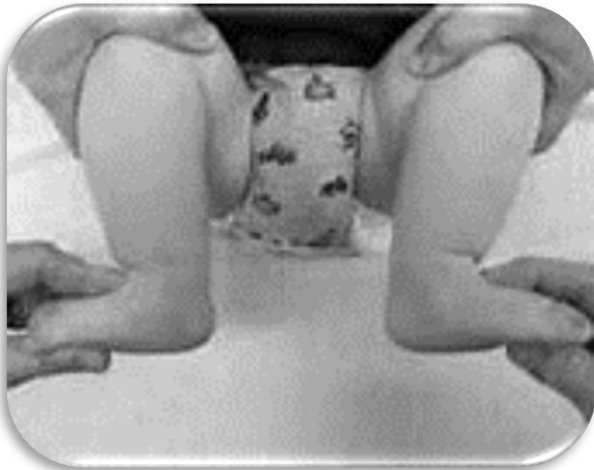
**Step 1:** The baby's foot is gently stretched and manipulated into a corrected position and held in place with a long-leg cast. Each week this process of stretching, re-positioning, and casting is repeated until the foot is largely improved. For most infants, this improvement takes about 6 to 8 week



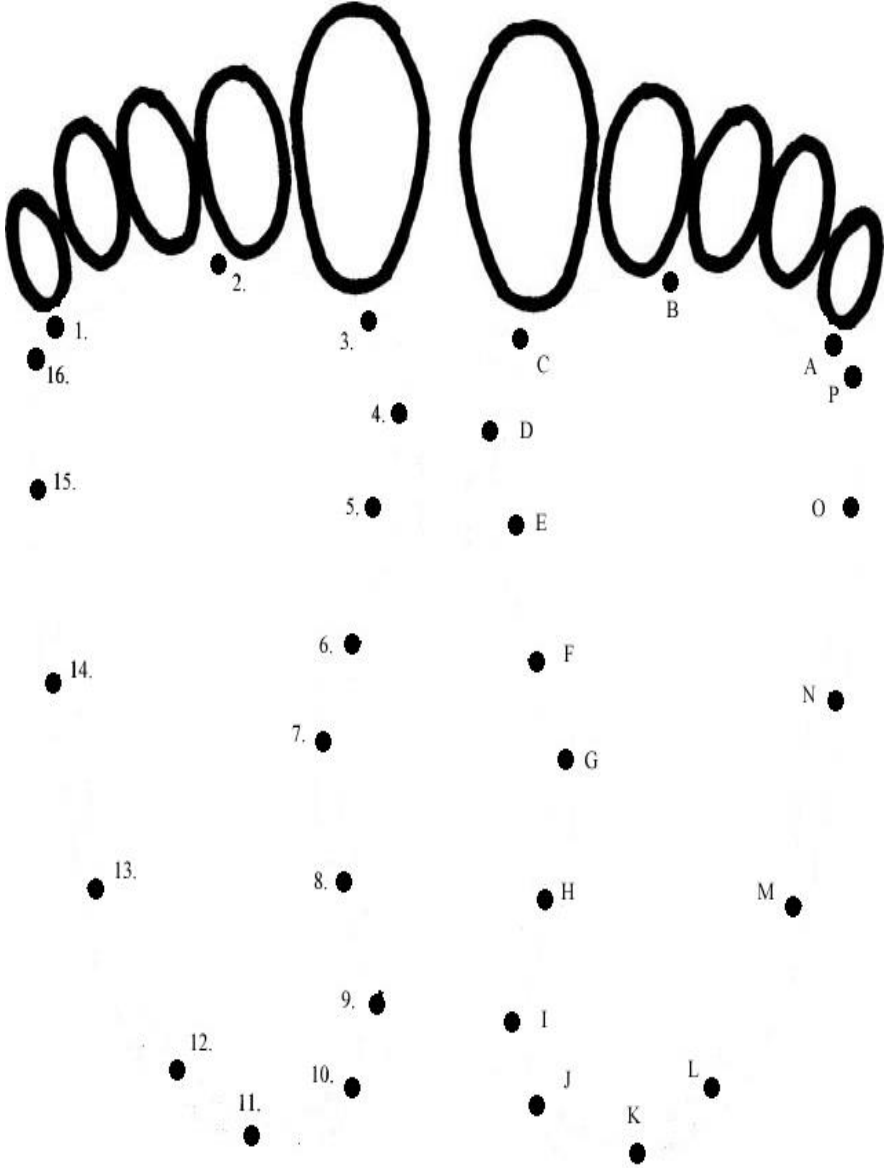
**Step 2:** Most babies will require a minor procedure to release continued tightness in the Achilles tendon (heel cord). During this quick procedure, called a tenotomy, the doctor will use a very thin tool to cut the tendon.



**Step 3:** To ensure that the foot will permanently stay in the Correct position, the baby will need to wear a boots and bar brace for a few years. The brace keeps the foot at the proper angle to maintain the correction.



# Connect the dots!



## Word Search

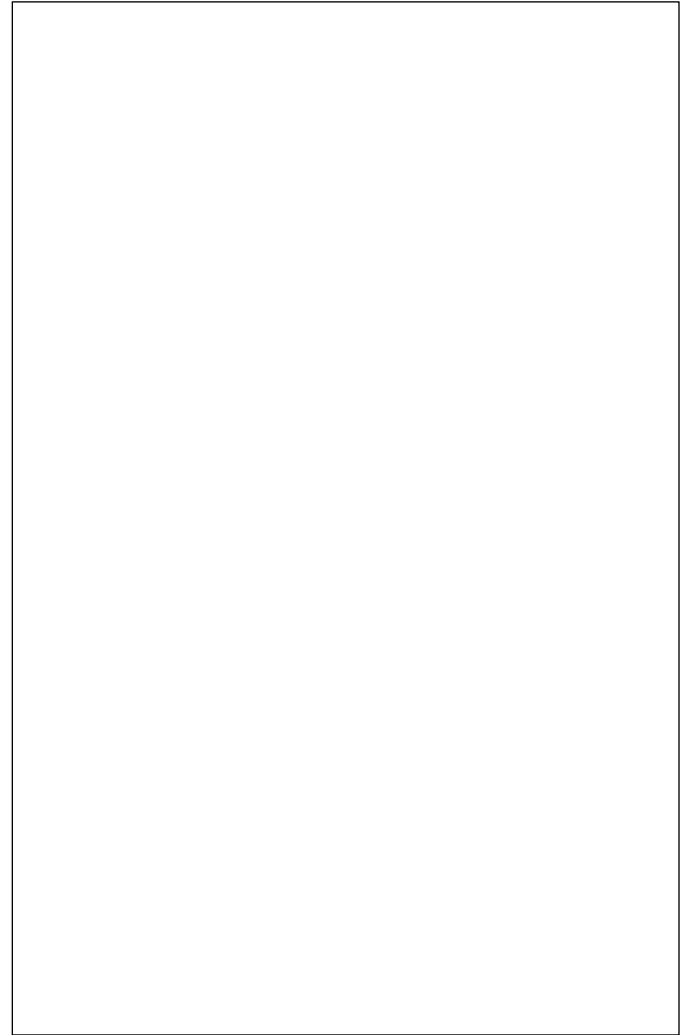
S O L G V G M R B B S T C N R  
T B R X N G J I U R R Z E R H  
R U C T X I T S C F O Z Z M G  
E B H C H E T L Z B T N K U D  
T J E R S O U S A D C S N V G  
C Y F N W B T R A D O O V U J  
H A O E F B X I Q C D S Y E Q  
E P R O I O O W S W I B C I Y  
S N O I F O Y M O T O N E T S  
B T X C G T R E L A P S E T X  
Z R E P S S Y P W B Q R T O W  
V X A K O M Z H S S P Z O U Q  
F A C C V K H D N E S W O L Y  
I T L L E K E L W Z C F H C Y  
A Y W O Z S B W R I D P U F A

BAR  
CASTING  
ORTHOTIST

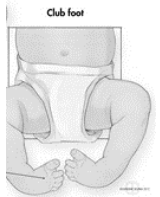
BOOTS  
CLUBFOOT  
PONSETI

BRACES  
DOCTORS  
RELAPSE

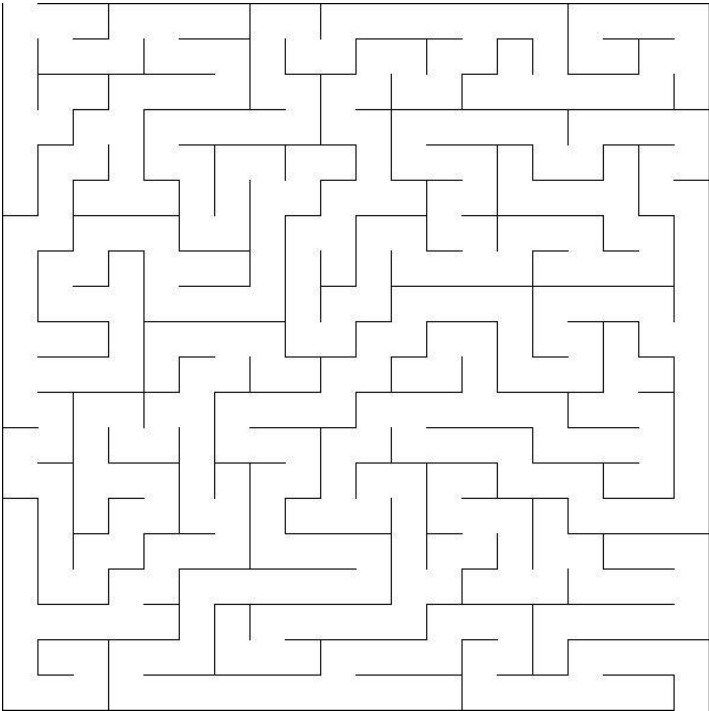
Draw a picture of a clubfoot cutie  
that you know!



Help straighten out the clubfeet!



(start)



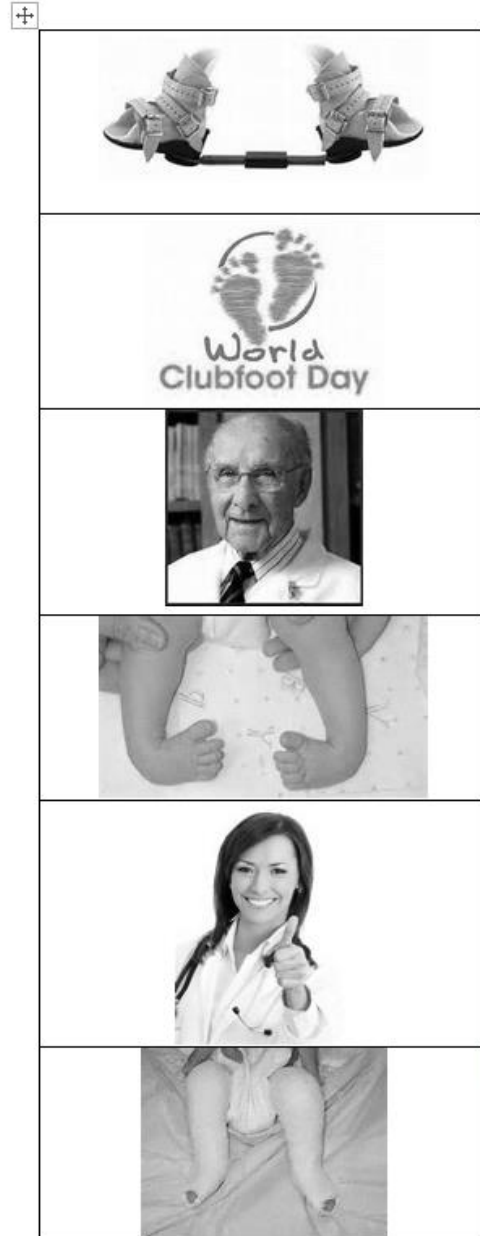
(finish)



Color in the clubfoot awareness ribbon!



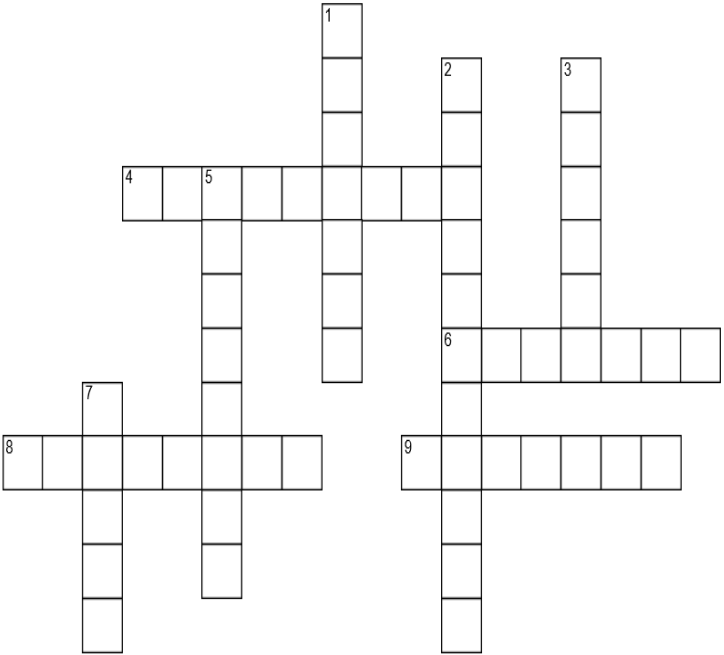
# Matching!



(foot prints go here)

If you're HAPPY and you know it  
stomp your FEET!

### World Clubfoot Day



**ACROSS**

- 4 the person who helps to fit the boots and bar properly
- 6 the name of the doctor who developed the non-surgery method to treat clubfoot
- 8 when a baby is born with feet that twist inward
- 9 what happens after the clubfoot has been treated and the foot goes back to a clubfoot

**DOWN**

- 1 the first stage of treatment
- 2 type of doctor that treats clubfoot
- 3 the third stage of treatment
- 5 the second stage of treatment
- 7 the date that World Clubfoot Day is celebrated on

Word Bank		
Casting	tenotomy	orthotist
Braces	June3	Ponseti
Orthopaedic	clubfoot	relapse



## *"Superheroes"*

As night time fell and it was time to sleep,  
She was tucked in bed, not making a peep.

After a bath, and a story, milk and a kiss,  
Her adventures in dreamland she didn't want to miss!

On with the first boot, then with the other,  
She smiled at her mommy and pulled up the covers.

Jaime was a special girl who wore boots and a bar,  
So she could jump really high and run really far.

So she could hop and skip and dance all day,  
And be a "superhero in my dreams" she would say.

A superhero? I hear you shout,

What's this superhero business about?

You see, every night when she closed her eyes,  
She'd dream that her boots made her fly through the skies.

She'd surf on the water and ski on the snow,  
And fly higher and higher - to space she would go!  
She'd see mountains and rivers, deserts and trees,

Fly with birds and airplanes over the seas.

As morning approached and she'd stir in her bed,  
She'd remember her dreams and what her mommy always said.

"Special girls and boys who wear bedtime shoes,

Grow up big and strong and are whatever they choose."

So to all you "superheroes" who wear their boots at night,  
You are amazing, fantastic, and super, that's right!!!!!!!

-Rachel Gessey



Clubfoot  
C.A.R.E.S.