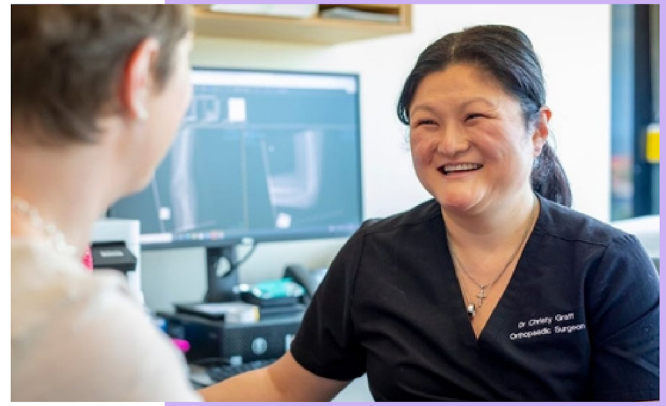


CAVOVARUS FOOT



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WHAT IS A CAVOVARUS FOOT DEFORMITY?

Cavovarus foot is a deformity of the foot that is characterised by a high arch and a turned-in heel. It can lead to difficulty walking, pain and instability. The condition is caused by abnormal foot mechanics that can be present from birth or can develop over time..



Normal (Left) vs Cavovarus Foot (Right)

RISK FACTORS

Cavovarus foot can be caused by many different factors, including genetics, nerve or muscle disorders, and trauma to the foot. People with certain medical conditions such as cerebral palsy, clubfoot, muscular dystrophy, or Charcot-Marie-Tooth disease are at an increased risk of developing cavovarus foot. Certain types of foot injuries can lead to the development of this condition too.

SYMPTOMS

- Difficulty walking
- Pain or discomfort in the foot or ankle
- Instability or clumsiness while walking
- Recurrent ankle sprains
- Calluses or corns on the foot
- Deformed or twisted appearance of the foot in severe cases
- Difficulty fitting into shoes

DIAGNOSIS

Dr Graff will take a history and examine your foot. She will likely organise imaging such as, X-ray imaging and in some cases CT scans or MRI to help evaluate the structures of the foot. Diagnosing the cause is very important.

TREATMENT

Treatment will depend on the severity of the condition and your symptoms. Non-surgical treatments may include custom orthotics, physiotherapy or wearing special shoes. In some cases, surgery may be necessary to correct -

CAVOVARUS FOOT



the foot deformity. Surgical options may include tendon transfers, bone cuts (osteotomy), or rarely joint fusion.

It is important to seek medical review if you suspect you may have cavovarus foot, as early diagnosis and treatment can improve outcomes and quality of life. If you would like to book an appointment to see Dr Graff and have further assessment, please contact us.

USEFUL WEBSITES

Royal Orthopaedic Hospital

<https://roh.nhs.uk/services-information/foot-and-ankle/cavo-varus-foot-correction>