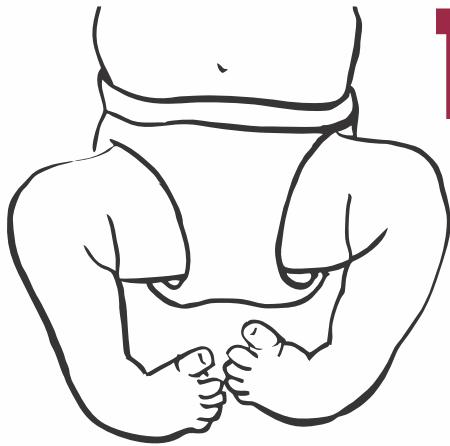


Unyango ngokulandela uhlobo lwePonseti lucaciselwa abazali



Intshayelelo



Ukufaka isamente



**Ukunxiba
izihlangu
zezilima ezidityaniswe
ngentsinjana/ngeplangana**



**Ukulandelela
unyango**

Unyango ngokulandela uhlobo lwePonseti lucaciselwa abazali

Incwadana yeengcebiso kubazali

Intshayelelo

Le ncwadana ibhalelwe ukuba isetyenziswe ngabasebisi babazali njengesixhobo sokucacisele abazali neentsapho abanxibelelana nazo kwiikliniki zabantwana abanonyawo olusisilima.

Inkqubo ebizwa ngokuba yi-STEPS Ponseti for Parents © yinkqubo yokwazisa kunye nokukhuthaza iintsapho zabantwana abazelwe benonyawo olusisilima. Ibonelela ngolwazi malunga nonyawo olusisilima kunye nonyango, okulindelekileyo nokuba kubaluleke kangakanani ukuzibandakanya kwabo nokuzinikela ekuqinisekiseni iziphumo eziyimpumelelo.

Izifundo zakutshanje, kunye neengxelo ezingamabali esizifumene kwiikliniki zonyango lonyawo olusisilima, zibonisa ukuba inkxaso yosapho kunye nemfundo enomyalezo okhuthazayo, kunceda abazali bakwazi ukulandela izikhokelo zonyango, kunye nokunciphisa ukubuyela umva konyawo olusisilima okanye ukujijeka kwalo kwakhona.

Le mathiriyeli inika ulwazi kwaye unakho ukulusebenzisa. Kukho imifanekiso emininzi eyenza kube lula ukudlulisa umyalezo oqulathiweyo.

Inqanaba ngalinye lonyango lifakwe umbala owohlukileyo, ngoko ke kulula ukufikelela kulo uzifundele lo gama umcebisi wabazali xa ethetha neentsapho akhomba kulo.

Sinethemba lokuba uza kuyifumanisa ingumthombo onexabiso le ncwadana nenkxaso kwiintsapho zeentsana ezizelwe zinonyawo olusisilima.

Imibuliso ezele bububele,



Karen Moss

Umseki kunye noMlawuli weSigqeba we-STEPS

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NOTE: This manual is used in conjunction with Ponseti for Parents leaflets that are given to families for take-home information:

UKUZIFUNDELA EKHAYA: IPhetshana leziGulane 1: Intshayelelo nokufakwa isamente

UKUZIFUNDELA EKHAYA: IPhetshana leziGulane 2: Ukunxiba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana

EYOMCEBISI WABAZALI

INDIMA YABAZALI

Inkxaso yabazali ibaluleke kakhulu ukuphumeza iziphumo ezilungileyo zonyango lwenyawo olusisilima

Ukuba abazali abayiqondi okanye abayilandeli imiyalelo, iingxaki zingakho kwaye kukho amathuba amaninzi okuba lungaphinda lujijeke okanye lubuyela umva unyawo.

Kubalulekile ukucacisela abazali indlela ebaluleke ngayo indima yabo ukuze kubekho iziphumo eziyimpumelelo.

Bayinxalenye engundoqo yeqela eliqinisekisa ukuba umntwana uza kuhamba kakuhle ngeenyawo ezigobayo.

Unyango lunzima kubazali kunasemntwaneni

Baziva benetyala kwaye belusizi malunga nemeko umntwana wabo azifumana ekuyo, kwaye bacinga ukuba kukho into abayenzileyo engalunganga ebangele oko. Bayakhathazeka kukuba umntwana esezintlungwini. Baziva benxunguphele ngeziphumo zonyango lomntwana wabo.

Gxininisa kwaye uvume ukuba akukho mntu unetyala nobangele ukuba umntwana azalwe enonyawo olusisilima.

Cacisa amanyathelo onyango ngononophelo. Qinisekisa ukuba bayaluqonda unyango nokubaluleka kwale miyalelo.

Abazali bangaziva boyisiwe zezi nkukacha zintsha

Banexhala lokuba abakwazi ukumelana nokufunekayo. Ungabaqinisekisa ukuba olu nyango alumenzakalisi umntwana, zihlangu zezilima ezidityaniswe ngentsimbi exhasayo ezifakwa kunyawo olusisilima olulungiswayo azimelanga kubangela iingqaqambo, kwaye ekuhambeni kwexesha ukumnxibisa zona kuza kuba yinxalenye yezinto abazenza imihla ngemihla.

UZA KUHLANGANA NABAZALI KUMANQANABA OHLUKILEYO ONYANGO:

UKUBONANA NABAZALI OKOKUQALA

- Cacisa unyawo olusisilima
- Cacisa ukuba unyango ngokulandela uhlobo lwePonseti lusebenza njani na; kwaye luthatha ixesha elingakanani
- Gxininisa ukuba intsebenziswano yabo ibaluleke kakhulu ukuphumeza impumelelo.
- Baqinisekise ukuba nangona kuza kuba nzima kubo, umntwana wabo akava zintlungu kwaye olu nyango luyimpumelelo.
- Chaza iziphumo ukubaqinisekisa:
 - Unyango luyimpumelelo ngaphezu kwabantwana abaneenyawo ezisisilima ezingaphezulu kwama-90%
 - Umntwana uyakwazi ukuhamba abaleke ngeenyawo ezomeleleyo, ezisebenza kakuhle nezingaqaqambiyo
- Banike iphetshana elinentshayeleyo ukuze bagoduke nalo. Isihloko salo sithi: ***Iphetshana lezigulane 1: Intshayeleyo kunye nokufakwa isamente.***

INQANABA LOKULUNGISWA – UKUFAKWA ISAMENTE NOQHAQHO OLUNGEPHI (KUDLA NGOKUTHATHA IIVEKI EZI-4-8)

- Cacisa ukukhathalelwa kwesamente – yigcine yomile, khangela ukuba igazi lisahamba kakuhle kusini na ezinzwaneni, njalo njalo
- Cacisa uqhaqho olungephi nokuba kutheni isamente kufuneka igcinwe ixesha elide

INQANABA LOKUNONOPHELA – UKUNXITYWA KWEZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA

- Gxininisa ukuba ukunxiba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kunyanzelekile.
- Cacisa isicwangciso sokunxitywa kwezihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana
- Cacisa ukuba nangona unyawo lukhangeleka ngathi lumi kakuhle, lungajijeka lubuyele umva ukuba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana azinxitywa
- Cacisa ukuba umntwana angathatha iintsukwana ukuziqhela izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana, kwaye ukulila yinto eqhelekileyo
- Gxininisa ukuba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana mazingakhululwa ukuba umntwana uyalisa.
- Izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kufuneka zibe yinxalenye yemihla ngemihla kwasekuqaleni.
- Nxibisa izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana uncediswa ngumzali uze umcele ukuba aziqhelise kunye nawe.
- Cacisa indlela yokukhangela ukuba ingaba isithende singene kakuhle kusini na esihlangwini
- Banike incwadana emalunga nezihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana bagoduke nayo esihloko sithi

Gxininisa ukuba kufuneka baze ekliniki ukuba kukho naluphi na uphawu lwengxaki echazwe kwincwadi yentshayeleyo kunye nezihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana

UKULANDELELA, ISIPHUMO

- Cacisa ukuba amadinga okulandelela abaluleke kakhulu ukukhangela ukuba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana zisamlingana kakuhle kusini na, ukukhangela iimpawu zokubuyela umva/ukujijeka kwakhona okanye olunye utshintsho.
- Bakhuthaze ukuba baze kuxilongo rhoqo nanjengokuba kuchaziwe kwaye mabathobele yonke imiyalelo
- Gxininisa ukuba kufuneka baze ekliniki ukuba kukho iingxaki zokuhlala zinxityiwe izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana
- Bakhuthaze ukuba bathethe noggirha okanye abanye abasebenzi basekliniki malunga nokubaxhalabisayo

ABANTWANA ABADALANA, IIMEKO EZINTSONKOTHILEYO, UKUBUYELA UMVA/UKUJJEKA KONYAWO KWAKHONA

Kukho ezinye izigulana ezinokufuna ulwazi olongezelekileyo okanye olungelulo olwemekoo yesiqhelo

- Ukuthunyelwa emva kwexesha, unyawo olusisilima olunenkani (malunga ne-10% leemeko) unyawo olusisilima oluntsokothileyo noluneengxaki ezininzi lufuna inkxaso kunye nolwazi oluthe vetshe.
- Ezi zigulana zifuna iqela leengcali ezikhethekileyo ukuze zibaxilonge zinike unyango, kwaye kwiimeko ezininzi unyango luthatha ixesha elide, lufuna inkxaso ekhethekileyo nemandla
- Kwizigulana ezingaphantsi kwe-10% unyango aluphumeleli kuba unyawo lujijeka kakhulu okanye aluvumi koluleka. Ezinye kwezi meko zisenganyangeka kakuhle kodwa kufuneka olo nyango luchotshelwe ngugqirha onamava. Unyawo olusisilima olubuyela umva amaxesha amaninzi kungenxa yokuba
- kungenxa yokuba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana azinxitywa ngokwemiyalelo yokuzinxiba. Unyawo lungaphinda lunyangwe kwaye kunikwe nolwazi oluthe vetshe ngokunxiba ezi zihlangu.

Ukunceda ngonxibelelwano nokugqithisa ulwazi, unyawo olusisilima lungohlulwa lube zezi ndidi:

- | | |
|--|---|
| a Unyawo olusisilima olunganyangwanga – | ngaphantsi kweminyaka emi-2 ubudala |
| b Unyawo olusisilima olungahoywanga – | unyawo olusisilima olunganyangwanga emva kweminyaka emi-2 ubudala |
| c Unyawo olusisilima olulungisiweyo – | Lulungiswe ngonyango lohlobo lwePonseti |
| d Unyawo olusisilima olubuyela umva/oluphinde lwajijeka – | Unyawo luyaphinda lujijeka kwakhona (ukujijeka kwakhona), ukutsaleka kwesithende kuyancipha, umntwana uhamba ngeenzwane (ukungcotsha) |
| e Unyawo olusisilima olungavumiyo ukoluleka – | unyawo olusisilima olugogekileyo nolusoloko lukhatshwa zezinye izifo (arthrogryposis) |
| f Unyawo olusisilima oluntsokothileyo – | Oku kudla ngokuchaza unyawo olusisilima olunyangwa ngolunye uhlobo olungeyiyo iPonseti kwaye lufuna unyango |

UNXIBELELWANO NABAZALI OLUSEBENZA KAKUHLE

Ngokophando ngama-40-80% olwazi olunikwa izigulana oluthi lulibaleke kwangoko. Okona kunikwa ulwazi olungaphezulu, kokona lukhunjulwa kancinane. Kwakhona malunga nesiqingatha solwazi olukhunjulwayo aluchanekanga.

Ulwazi ngonyango olunikwa abazali kufuneka:

- Lukhunjulwe + luqondwe ukuze bakwazi ukuba = kubekho ukwaneliseka lunyango = uk unamathela.
- Imiyalelo elula nekhethekileyo ikhumbuleka ngcono kunengcaciso ngokubanzi
- Sinencwadi ezohlulwe ngemibala, ngoko ke inkcazelo yonyango yohlulwe yangamanqanaba ohlukileyo
- Imifanekiso zizixhobo zonxibelelwano olubonakalayo nezisebenza kakuhle kubazali abangafundanga kuyaphi
- Incwadana kunye namaphetshana zinemifanekiso emininzi
- Umxube wentetho (ekliniki) kunye nokubhaliweyo/imifanekiso oyiboniswayo (amaphetshana) kokona kulungileyo.



Overview of Ley's model on the interactions between patient-related factors and therapy adherence, Roy PC Kessels, PhD

Indlela yokufundiswa kwakhona

Ukufundiswa kwakhona kuqinisekisa ukuba ulwazi ulucacise ngendlela umzali okanye impelesi eza kuluqonda ngokucacileyo. Oku ukuqinisekisa ngokucela isigulana ukuba sicacisele wena oko ubusicacisele kona. Olu thethathethwano lungakwazi ukunceda abasebenzi basekliniki bafumane ezona ndlela zilungileyo zokunxibelelana nokwabelana ngolu lwazi.

Iingcebiso zokufundiswa kwakhona:

- Qalisa ngokungangxamanga
- Cwangcisa indlela oza kuqala ngayo
- Mamela ngakumbi, thetha kancinane
- Buza imibuzo echanekileyo: Uza kwenza ntoni ukufika kwakho ekhaya?
- Ndibonise ukuba uza kulunxibisa njani usana lwakho izihlangu zezilima ezidityaniswa ngentsinjana/iplangana
- Hlola ukukhumbula kunye nokuqonda
- Cacisa nantoni na efuna ukucaciswa ngakumbi
- Phinda ucele ukufundiswa ngokucaciselwa kwakhona ude ube wonelisekile ukuba umzali uyaqonda
- Sebenzisa iphatshana lengcaciso aza kugoduka nalo, ubonise imifanekiso ekulo ukuze akwazi ukujonga kulo abone ukuba kwenziwa ntoni njani.



ISIPHUMO SOKUXILONGWA KONYAWO OLUSISILIMA NONYANGO



YINTONI UNYAWO OLUSISILIMA?

- Unyawo lujonga ezantsi kwaye lujijikele ngaphantsi ukuze umphezulu wonyawo ube kule ndawo kufuneka umphantsi wonyawo ukuyo.
- Unyawo luyagokeka luze lungakwazi ukuba kwindawo yalo eqhelekileyo
- Unyawo olunye okanye zombini zingachaphazeleka
- Unyawo olusisilima luthetha ukuba umntwana uzalwa ekule meko
- Igama lonyango lwenyawo olusisilima yi-Talipes Equinovarus

YINTONI EBANGELA UNYAWO OLUSISILIMA?

- Unyawo olusisilima asilotyala lamntu.
- Unyawo olusisilima losana lwakho alubangelwanga yiyo nantoni na oyenzileyo, okanye ongayenzanga lo gama ubukhulelwe
- Oogqirha abakamazi unobangela wonyawo olusisilima
- Ngamanye amaxesha unyawo olusisilima luyimfuzo, ngamanye amaxesha yiloo meko ezimeleyo
- Ngamanye amaxesha unyawo olusisilima lidityaniswa nezinye iimeko, kodwa oku kuyinto enqabileyo.
- Uninzi lwabantwana abanonyawo olusisilima basempilweni.

LUNYANGWA NJANI UNYAWO OLUSISILIMA?

- Unyango lohlobo **lwePonseti** lolona lukhethwayo
- Olu nyango lulungisa indawo unyawo olukuyo ngokucothayo nangononophelo, ukuze umntwana wakho akwazi ukuba nonyawo olusebenza kakuhle kwaye lukhangeleke ngokwesiqhelo, ngaphandle kweentlungu.

LUQALA NINI UNYANGO?

- Unyango lungaqala xa usana luneentsuku ezi-7 – 10 luzelwe.
- Xa umntwana eneeveki ezi-2 ubudala, kufuneka bafakwe isamente okokuqala.
- Ukuba usana lwakho ludalana kodwa alukahambi, unyango lulunge kakhulu.
- Ukuba umntwana wakho uyahamba, unyango lungaba yimpumelelo, kodwa lungathatha ixesha elide kuba unyawo alusa///// kakhulu kwaye abantwana abadlala kungafuneka benze uqhaqho.

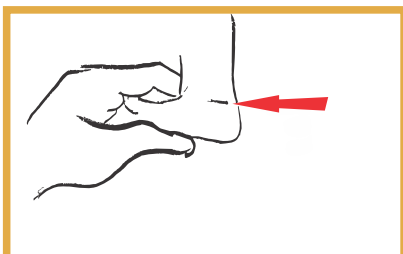
UPHANDO NGOKUBANZI LONYANGO LONYAWO OLUSISILIMA NGOHLOBO LWEPONSETI

Le nkcazelo ingezantsi yindlela eqhelekileyo yokunyanga iintsana ezinonyawo olusisilima. Ukuba usana lwakho ludalana, okanye lunezinye iingxaki zezempilo ezongezeleke kolu nyawo olusisilima, isicwangciso sonyango singohluka.

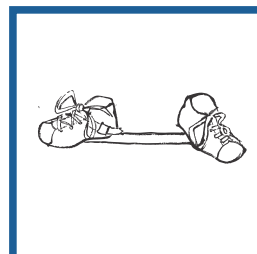
INGABA LUBANDAKANYA NTONI UNYANGO?

Unyango lohlulwe lwangamanqanaba amabini:

1. Inqanaba lokulungisa (UKUFAKWA KWESAMENTE NOQHAQHO OLUNGEPHI LWE-TETONOMY)



2. Inqanaba lokunonophela kakuhle izihlangu zezilima zidityaniswe ngentsinjana/iplangana (IZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSIMBI EXHASAYO/IPLANGA ELIXHASAYO)



INQANABA LOKULUNGISA

UKUFAKWA KWESAMENTE

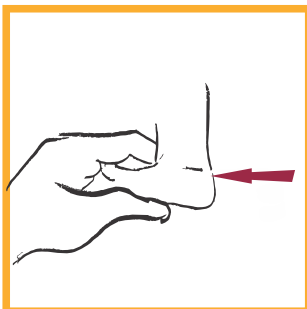


- Unyawo lujikajikwa lulungiswe ngobuchule nangonophelo kuze kufakwe isamente umlenze wonke ukuze ilubambe unyawo lusendaweni kuze koluleke imisipha.
- Isamente iyakhutshwa rhoqo emva kweentsuku ezi-5 ukuya kwezi-7, luze unyawo luphinde lujikajikwe lulungiswe ngobuchule nononophelo kwakhona kuze kuphinde kufakwe enye isamente ade amathambo abe sendaweni elungileyo.
- Indawo unyawo olukuyo iza kutshintsha kamsinyane.
- Kwiintsana ezincinane ukuqala ngonyango kwiiveki ezimbini ubudala, kudla ngokuthatha amatyeli amane ukuya kwama-6 okufaka isamente ukulungisa unyawo olusisilima.



- Kubantwana abangaphantsi kweenyanga ezi-6 ubudala, kungathatha amatyeli asi-8 ukufaka isamente kwiinyanga ezimbini, itshintshwa rhoqo ngeveki.
- Kubantwana abadlana nabanonyawo olusisilima oluntsokothileyo, kungathatha ixesha elide ukulungisa unyawo kwaye kungafuneka kufakwe isamente amaxesha amaninzi.

UQHAHQHO OLUNGEPHI LWE-TETONOMY KUNYE NOKUFAKWA ISAMENTE OKOKUGQIBELA



- Abantwana abaninzi bangafuna uqhaqho olungephi lwe-tetonomy, olu luqhaqho olungephi olwenziwa ngokunqanda iintlungu kulo ndawo lwenziwa kuyo.
- Abantwana bafuna uqhaqho olungephi lwe-tetonomy kuba umsipha wesithende sabo (Achilles) mfutshane utsalekile kwaye uyasitsala isithende siye phezulu.
- Ukuba oko akulungiswanga umntwana uza kuhamba ngeenzwane.
- Abanye oogqirha basebenzisa amachiza abulala iintlungu kule ndawo baza kwenza kuyo uqhaqho olungephi kwizigulane ezindala.
- Emva koqhaqho olungephi lwe-tetonomy kufakwa isamente okokugqibela ize iyekwe ihlale iiveki ezintathu
- Ngeli xesha umsipha uyaphila uphinde ukhule kule ndawo yoluliweyo luze unyawo lukwazi ukugotywa ngokulula ukuze lujonge phambi komlenze (ukujikwa konyawo lujonge phambili)
- Ukuba usana lwakho alonwabanga emva koqhaqho olungephi lwe-tetonomy, kulungile ukusebenzisa iyeza elibulala iintlungu elifana neparacetamol, (Calpol, njalo njalo) njengokuba uhlala usenza njalo emva kokuhlalywa inaliti yogonyo



UKUZIFUNDELA EKHAYA:

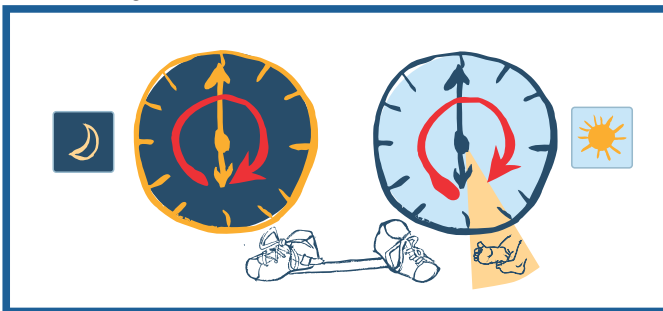
IPhetshana leziGulane 1: Intshayelelo nokufakwa isamente

UKUNXIBA IZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/IPLANGANA

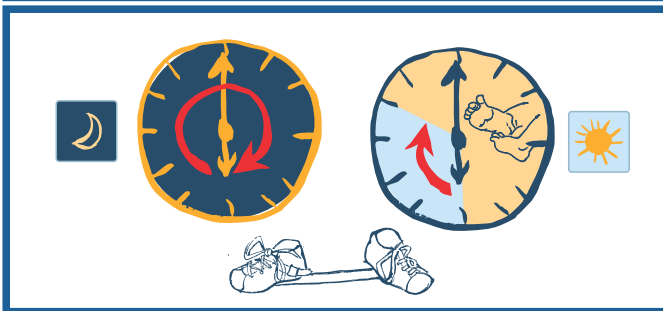
- Ukunxiba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana yinxalenye ebaluleke kakhulu yonyango.
- Wena nosapho lwakho nidlala indima ebaluleke kakhulu kweli nqanaba.
- Kwakamsinyane emva kokukhutshwa kwesamente yokugqibela, usana lwakho luza kuqalisa ukunxiba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana (izihlangu ezimbini ezidityaniswe ngentsimbi).
- Zombini iinyawo zifakwa kwezi zihlangu nokuba umntwana wakho unonyawo olunye olusisilima.
- Nangona iinyawo zosana lwakho zikhangeleka njengesiqhelo, zingaphinde zijike kwakhona ukuba awuzisebenzisi izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana
- Ukuba unyawo luphinde lwabuyela umva okanye lwajijeka kwakhona, kungafuneka kuphinde kufakwe isamente kwakhona kwaye ngamanye amaxesha umntwana kungafuneka enziwe uqhaqho ukuba mdalana.
- **Kubalulekile ukuqinisekisa ukuba usana lwakho luyazinxiba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana njengoko uchazelwe:**

ISICWANGCISO SOKUNXIBA IZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA

Ukuphumeza ezona ziphumo zilungileyo zonyango, imiyalelo kufuneka ilandelwe kakuhle kangangoko. Kuza kuxhomekeka kubudala bomntwana, kodwa ukunxitywa kwezihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kuhamba ngolu hlobo:



Iinyanga ezi-3 zokuqala: Izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana zinxitywa iiyure ezingama-23 yonke imihla. Zikhululwa iyure ibenye ngexesha lokuhlamba.



Emva kweenyanga ezi-3 zokunxiba izihlangu zezilima ezidityaniswe ngentsinjana: Ukunxitywa kwezihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kuncitshiswa ngeeyure ezimbini ngenyanga – xa usana lwakho lulele (ukuthi ngqwa kunye nasebusuku)

QAPHELA: Mnxibise izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana ubuncinane iiyure ezili-14 ade umntwana aqale ukuhamba.

Xa umntwana wakho ehamba: Izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kufuneka zinxitywe iiyure ezili-12 (ebusuku xa umntwana elele) kucetyiswa ukuba umntwana ade neminyaka emi-4 ubudala.

KHUMBULA: Yenza okufanayo ngalo lonke ixesha. Yenza oko imihla ngemihla kwasekuqaleni kwaye umntwana wakho uza kuqhela ukunxiba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana. Ukunxiba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kulungile kwaye yinxalenye yonyango.

UKUZIFUNDELA EKHAYA:

IPhetshana IziGulane 2: Ukunxitywa kwezihlangu zezilima ezidityaniswe ngentsinjana

KUZA KUTHATHA IXESHA ELINGAKANANI

Esi sicwangciso singezantsi singumzekelo wonyango losana olusandul' ukuzalwa oluneveki ezi-2 ubudala

UKUFAKA ISAMENTE

IVEKI YOKU-1

IVEKI YE-2

IVEKI YE-3

IVEKI YE-4

IVEKI YE-5

IVEKI YE-6

UQHAQHO OLUNGEPHI
LWETETONOMY NOKUFAKA
ISAMENTE (90% yoEmeko)

IVEKI YE-7

IVEKI YE-8

IVEKI YE-9

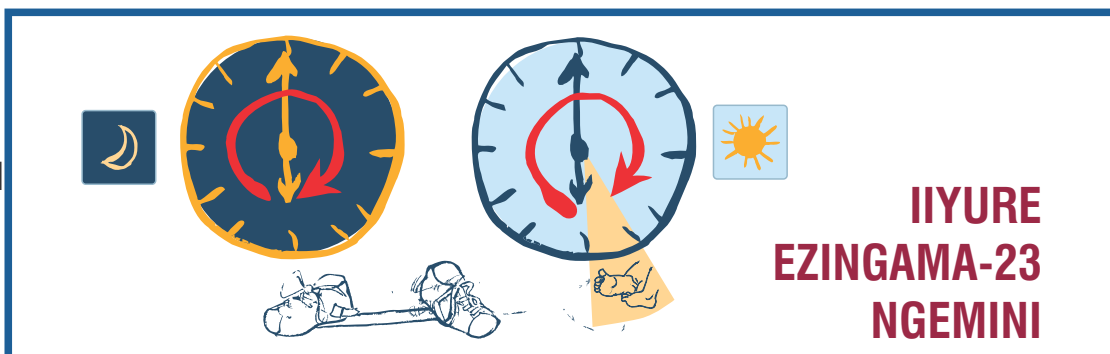


IZIHLANGU ZEZILIMA
EZIDITYANISWE
NGENTSINJANA/NGEPLANGANA
(inqanaba lokuqala)

INYANGA YOKU-1

INYANGA YE-2

INYANGA YE-3



**IYURE
EZINGAMA-23
NGEMINI**

IZIHLANGU ZEZILIMA
EZIDITYANISWE
NGENTSINJANA/IPLANGANA
(ukuzikhathalela kusaqhubeka)

UNYAKA WOKU-1

UNYAKA WE-2

UNYAKA WE-3

UNYAKA WE-4



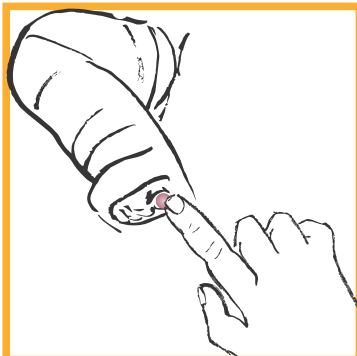
**IXESHA LASEBUSUKU
NOKUTHI NGQWA**

INGABA UKUJIKAJIKWA NOKULUNGISWA NGOBUCHULE NONOPHELO NOKUFAKWA ISAMENTE KUZA KULONZAKALISA USANA LWAM.



- Ukujikajikwa nokulungiswa konyawo kwenziwa ngobuchuele nononophelo kwaye akusoze kulonzakalise usana lwakho.
- Ukuba usana lwakho alonwabanga ngexesha lokufakwa isamente, kusenokuba alukuthandi ukubanjwa kwemilenze yalo, okanye kungenxa yokuba alukuthandi ukukhululwa kwempahla yalo.
- Ukunceda kule meko ungazama ukuluthuzela. Yiza nosana lwakho ekliniki lulambile ukuze ulutyise ngexesha lokufakwa kwesamente. Ungadlala, ucule, uze usebenzise izinto zokudlala ezimenezelayo nezingxolayo ukumphazamisa.
- Uza kukwazi ukulutyisa usana lwakho ngexesha lokufakwa kwesamente, baza kukuxelela ukuba yeyiphi eyona ndawo ilungileyo yokuma nendlela yokulubamba usana lwakho.
- Usana lwakho lungangazoli okweeyure ezimbilwa emva kokufakwa isamente. Isamente inzima ide ibe yomile ngokupheleleyo. Ungasonga itawuli encinane uyibeke phantsi kwamadolo osana lwakho ukunceda ukuxhasa ubunzima besamente.

UKUKHATHALELA ISAMENTE EKHAYA



1. Yigcine isamente icocekile kwaye yomile.
2. Musa ukulufaka ebhafini usana lwakho lo gama lunesamente – lulalise phezu kwetawuli, usebenzise ilaphu elinesepha ukuluhlamba, ulupule uze ulomise ngetawuli, ngaphandle kokumanzisa isamente.
3. Khangela ukuba akukho zintanda okanye ukophuka kwisamente.
4. Indawo ezirhabaxa ekupheleni kwesamente zingagqunywa ngoboya bomqhaphu ukukhusela ulusu lungakhuthuki.
5. Musa ukufaka umgubo okanye ulwelo lokuthambisa umzimba ngapahakathi kwisamente.
6. Yigqume isamente lo gama umntwana wakho esitya okanye esela.
7. Thintela izinto zokudlala ezincinane ukuba zifakwe ngaphakathi kwisamente.
8. Ukuba ilweyile livuzile yicoce kangangoko isamente ngamatshana amanzi (musa ukusebenzisa amanzi okanye ilaphu elimanzi)
9. Kufuneka usoloko uzibona iinzwane zosana lwakho.
10. Iinzwane kufuneka zibe ngumbala oqhelekileyo wolusu losana kwaye zivakale zishushu.
11. Zicinezele iinzwane amaxesha ambalwa ngemini ukukhangela ukuba ziseshushu kusini na, kwaye qinisekisa ukuba ibala lazo libuyela kwakamsinyane kwibala lomzimba wonkeo.
12. Usana lwakho kufuneka lukwazi ukushukumisa iinzwane zalo lo gama lufakwe isamente, ngokukhululekileyo kunye naxa uzibamba.
13. Xa kubanda ungalunxibisa iikawusi phezu kwesamente ukugcina iinyawo zalo zishushu.
14. Ungasonga itawuli encinane uze uyifake phantsi kwamadolo ukunceda ukuxhasa izithende xa usana lwakho lufakwe kwisitulo semoto okanye lubelekiwe okanye lulele.

UKUKHATHALELA ISAMENTE EKHAYA (kusaqhubeka)

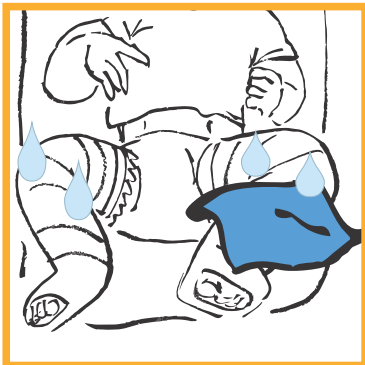
Ukuba uqaphela nayiphi na kwezi, okanye unekhala kwaye ukhathazekile, tsalela umnxeba kugqirha wakho okanye yiya ekliniki ngokukhawuleza.



1. Ubushushu okanye umkhuhlane
2. Ukudumba ngokudumba phezulu okanye ngaphantsi kwesamente.
3. Ulwelo okanye ivumba elibi elivakala liphuma ngaphakathi kwisamente.
4. Iinzwane zipholile okanye ziyabanda
5. Iinzwane azifani nebala lolusu lomzimba wonke.
6. Awuziboni iinzwane, zingene ngaphakathi kwisamente.
7. Isamente inethanda okanye ithambile
8. Iinzwane zidumbile.
9. Isamente ilubambe kakhulu apha phezulu emlenzeni.
10. Usana lwakho luyayikhaba isamente iphume. .



UKUSUSWA KWESAMENTE



- Ezinye iikliniki ziza kuyikhupha isamente xa ufika. Ezinye ziza kukucela ukuba uyikhuphe ngokwakho. Isamente kufuneka uyikhuphe ngosuku lwedinga lokuya ekliniki kuphela, ungayikhuphi ngobusuku obungaphambili.
- Unyawo lungaqalisa ukujijeka kwakhona emva kokukhutshwa kwesamente, seso sizathu esibangela ukuba lingabi lide ixesha phakathi kwesamente yokugqibela nelandelayo.
- Yimanzise isamente uze uyisongele ngetawuli efumileyo, uze uyigqume ngeplastiki ide isamente ithambe.
- Uza kufumana iqhunzana lebhandedi ecaleni kwedolo apho ungajija khona ususe isamente.
- Ukongeza iviniga emanzini phambi kokumanzisa isamente kuyanceda ukuyenza ithambe kamsinyane.
- Ukuba uza kuyisusa ekliniki isamente, baza kukunika isitya esinamanzi ashushu ukuze ulufake kuso usana lwakho ukuze ibe manzi isamente ithambe phambi kokuba isuswe.



UKUZIFUNDELA EKHAYA:

IPhetshana leziGulane 1: Intshayelelo nokufakwa isamente

IMIYALELO KUNYE NEENGCEBISO ZENQANABA ELINGOKUGCINA UNYAWO LUSENDAWENI EFANELEKILEYO NGONONOPHELO

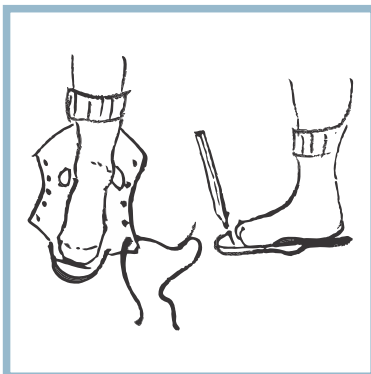
INGABA IZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA OKANYE IPLANGANA ZIZA KULWENZAKALISA USANA LWAM?

- Izihlangu zezilima ezidityaniswe ngentsinjana akufanelekanga ukuba zilwenzakalise usana lwakho.
- Musa ukuzikhulula izihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana ukuba usana lwakho luyalila, oko kuza kwenza kube nzima ngakumbi ukuba luhlale luzinxibile.
- lintsuku zokuqala ezimbalwa zibaluleke kakhulu ukuseka isiqhelo sokunxiba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana.
- Usana lwakho kufuneka luqhele ukunxiba izihlangu zezilima ezidityaniswa ngentsinjana okanye iplangana, kuthatha iintsuku ezi-2 ukuya kwezi-7 kwiintsana ezininzi ukuze ziqhele.
- Usana lwakho kufuneka luqhele ukushukumisa nokuphakamisa imilenze yomibini ngaxeshanye.
- Ungadlala ngentsinjana ezidibanisayo lo gama luzinxibile izihlangu zezilima, uyinyuse uyihlise, ugohe uze uphinde wolule amadolo ukubonisa usana lwakho ukuba lungayishukumisa njani imilenze yomibini.
- Xa umntwana wakho eziqhelile izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana, lungakwazi ukuzishukumela ngokukhululekileyo kwaye lufikelele kwiziganeko ezifana nokukhasa nokuhamba njengaye nawuphi na umntwana.
- Musa ukuyeka ukusebenzisa intsinjana ukuba uneengxaki. Unyawo olusisilima lungaphinda lujikeke ngaphandle kwentsinjana/iplangana. Yiya kugqirha wakho okanye ekiniki uze ucele uncedo.

UKUNXIBA IZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA

1. Kubalulekile ukuzinxiba ngokuchanekileyo izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kwaye kufuneka zinxitywe yonke imihla kangangexesha elichazwe ngugqirha.
2. Izihlangu kufuneka zinxitywe nentsinjana okanye iplangana ukuze izihlangu zezilima zisebenze.
3. Kuthatha ixesha ukuba ukuqhele ukunxibisa izihlangu, kodwa kwenze oko rhoqo kwaye kwakamsinyane kuza kuba yinxalenye yezinto ozenza imihla ngemihla.

IINGCEBISO EZIMALUNGA NOKUNXIBA IZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA OKANYE NGEPLANGANA



- Ulusu lwemilenze kunye neenyawo kufuneka lube lomile.
- Musa ukuthambisa ucwambu okanye ulwelo ezinyaweni.
- likawusi ezingahonjiswa zomqaphu ezingenawo umthungo okanye iipatheni zezona zimnandi nezimonwabisayo.
- likawusi ezinerabha ngaphantsi zinganceda ukuthintela ukutyibilika ngaphakathi ezihlangwini.
- Abanye abantwana baziva bonwabile ngaphandle kwekawusi, ingakumbi xa kushushu.
- Sivule isihlangu ngokupheleleyo kuqala ukuze ubone ukuba unyawo luhleli kwindawo efanelekileyo.
- Nxibisa isihlangu kunyawo oluchaphazelekayo okanye kolona nyawo lujikeke kakhulu kuqala.
- Ligobe idolo uze ucinezele kancinane lo gama unxibisa isihlangu. Oku kunceda ukugcina isithende sisezantsi nonyawo lukwindawo efanelekileyo.
- Xa ulunxibisa okokuqala, zoba umgca phakathi esihlangwini ekupheleni kweenzwane.

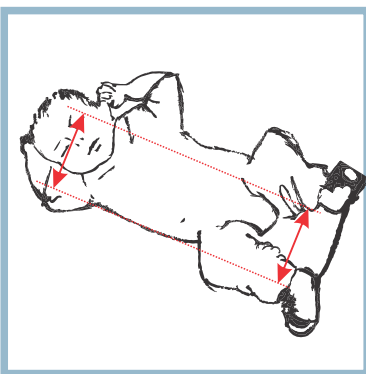
IINGCEBISO EZIMALUNGA NOKUNXIBA IZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA OKANYE NGEPLANGANA



- Soloko uqinisekisa ukuba isithende singasemva kanye esihlangwini kwaye sifikelele emazantsi phambi kokuqinisa amabhanti okanye ubophe imitya.
- Cinezela ngobhontsi wakho kumphezulu wonyawo ukulifaka kakuhle lo gama ubopha imitya okanye amabhanti.
- Bopha imitya yezihlangu okanye amabhanti aqine
- Bamba isihlangu ngokomeleleyo ngesandla esinye, utsale umlenze uye phezulu ukuqinisekisa ukuba unyawo alushukumi ngaphakathi esihlangwini. Ukuba luyashukuma, yiqinise ngamandla imitya yesihlangu.
- Kufuneka ube usakwazi ukubona umgca owuzobileyo phambi kweenzwane. Ukuba akuwuboni kuthetha ukuba isithende sityibilikile. Sikhulule isihlangu uze uqale ekuqaleni.
- Ukugcina idolo ligobile kunceda ukungena kwesithende siye ezantsi.
- Khangela kwakhona ukuba isithende sisesezantsi kwaye singasemva ngokwaneleyo esihlangwini. Uninzi lwezihlangu zinomngxunyana omncinane ecaleni kwesithende ukuze ukwazi ukusibona kamsinyane.
- Khangela ukuba uyakwazi ukuzibona iinzwane, kwaye azigobanga.
- Musa ukoyika ukuphinda umnxibise ude umnxibise kakuhle. Emva kwexeshana, kuza kuba lula kwaye umnxibise kamsinyane njengenxalenye yezinto ozenza imihla ngemihla.

Ziqhelise ngokunxibisa omnye umntwana ukuba zinxitywa njani izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana. Khangela isihlangu, iinzwane, isithende njalo njalo. Cela impelesi yesigulana ikubonise ukuba zinxitywa njani izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana, ukuba inikhokele ngokunibonisa, ukuba kuyimfuneko, ukuze nide nizithembe.

IINGXAKI NGEZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA

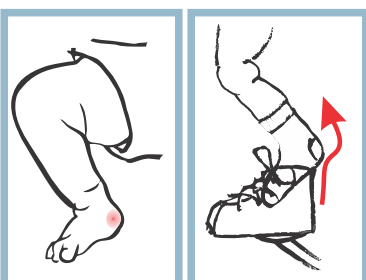


Emva kweentsuku ezimbalwa zokuziqhelisa, umntwana wakho kufuneka azinxibe izihlangu zezilima ezidityaniswe ngentsinjana okanye iplangana ngaphandle kweengxaki.

Kubalulekile ukuqaphela naluphi na utshintsho uze uqhagamshelane nogqirha wakho okanye uye ekliniki kuba ingxaki nezihlangu zezilima ezidityaniswe ngentsinjana /ngeplangana kungathetha oku kulandelayo:

- Ububanzi bezihlangu ezidityaniswe ngentsinjana okanye iplangana bufutshane
- Izihlangu zincinane kakhulu
- Unyawo luyaphinda luyajikeka kwakhona okanye alulungiswanga kakuhle.

UKULINGANISWA KWEZIHLANGU, UKULUNGELELANISWA KWEZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA



Ukuba isihlangu asilulingani kakuhle usana, singabangela iingxaki. Qhagamshelana nekliniki yakho ngokukhawuleza ukuba ubona oku kulandelayo:

- limpawu zokutyabuka ezibomvu okanye imikrwelo ezinyaweni
- Izilonda zokutyabuka ezivulekileyo okanye amadyungudyungu ezinyaweni.
- Unyawo luyatyibilika luphume esihlangwini nangona wena usiqinise ngokwaneleyo nangokuchanekileyo.

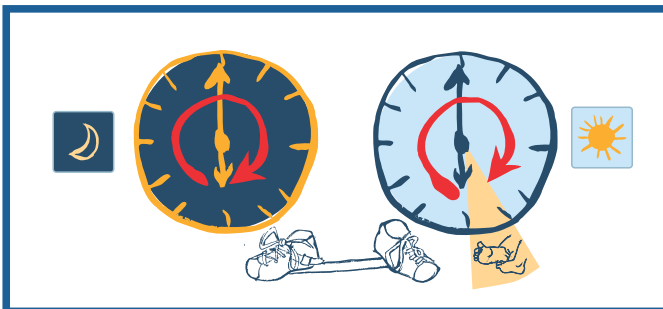
UKUPHAZAMISEKA EKULALENI

Emva kwexesha lokuqala lokuziqhelisa, uninzi lwabantwana lulala kakuhle ngezihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana. Ukuba, emva kokuziqhelisa izihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana, usana lwakho alonwabanga okanye alulali, kodwa aluguli okanye aluziwa ngamazinyo, njalo njalo, kukho izinto ezimbalwa onokuzizama:

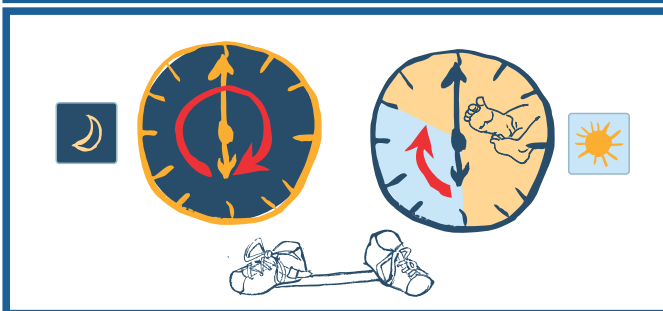
- Khangela ukuba izihlangu zisamlingana kakuhle kusini na.
- Intsinjana okanye iplangana lingabamxinwa kuba umntwana wakho ukhulile, ukuba unentsinjana/iplangana elilungelelaniswayo, ukulivula ulenza banzi kunganceda, okanye kungafuneka ufumane intsinjana/iplangana elikhulwana.
- Qinisekisa ukuba iingubo aziphithani nezihlangu, ingxowana yokulala okanye ingutyana elula zezona zilungileyo.
- Faka iingubo okanye amalaphu emacaleni ebhedana yosana lwakho ukuba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana zingqubeka kuyo zize ziluvuse usana lwakho.
- Usana lwakho oludalana lulalise kwibhedana esezantsi eyi-camp cot ukuba lufuna indawo enkulwana yezihlangu zezilima ezidityaniswe ngentsinjana/iplangana.

KUZA KUFUNEKA LUZINXIBE KANGAKANANI IZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA USANA LWAM?

Uninzi lwabantwana luzinxiba lude lube neminyaka emine izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana.



Iinyanga ezi-3 zokuqala: Izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana zinxitywa iiyure ezingama-23 yonke imihla. Zikhululwa iyure enye kuphela ngexesha lokuhlamba.



Emva kweenyanga ezi-3: ukunxitywa kwezihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kuncitshiswa ngeeyure ezimbini ngenyanga – xa usana lwakho lulele (xa luthe ngqwa nasebusuku). Xa usana lwakho lukhula kwaye lukusinda (lunzima) ukunxitywa kwezihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kuba ziiyure ezili-12 ubuncinane.

LUNGANXIBA IMPAHLA ENJANI USANA LWAM, INGABA KUFUNEKA NDIBE NEZIXHOBO EZIKHETHEKILEYO

- Lo gama usana lwakho lufakwe isamente, amagusha angenazo iinyawo kunye nesuti ezidibene umntla nomzantsi zezona zilungileyo.
- Lo gama lunxiba izihlangu zezilima ezidityaniswe ngentsinjana, kulula ukusebenzisa iibhulukhwe ezinqakayo ukuze ukwazi ukutshintsha amalweyile kwaye umkhulule nempahla ngaphandle kokuyisusa intsinjana.
- Izitulo zokuhlala abantwana kunye neeprem ziyasebenza ukuba usenakho ukuqhoboshela umtya uqine. Ezinobubanzi zezona zilungileyo.

UKUZIFUNDELA EKHAYA:

IPhetshana leziGulane 2: Ukunxiba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana

KWENZEKA NTONI KWIXESHA ELIZAYO?



Ukulandelela kwenziwa rhoqo ukuqinisekisa ukuba izihlangu zezilima ezidityaniswa ngentsinjana/ngeplangana zisamlingana kakuhle kwaye neenyawo zisakhangeleka kakuhle. Naluphi na uhlobo lwezihlangu okanye ukuhamba ngeenyawo kulungile xa umntwana wakho engazinxibanga izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana.

Usana lwakho luza kukhula luneenyawo ezololukileyo nezikwaziyo ukujika kwaye lukwazi ukubaleka, ukuhamba kunye nokudlala njengaye nawuphi na umntwana.

Inani elincinane labantwana liza kuba nonyawo olusisilima olunenkani olunokubuya njengokuba umntwana ekhula kuze kufuneke ukuba kufakwe isamente kwakhona okanye kwenziwe uqhahqo. Kungesi sizathu kufuneka undwendwele ekliniki rhoqo.

NDINGATHETHA NABANI MALUNGA NONYAWO OLUSISILIMA?

likliniki ezininzi zinomcebisi wasekliniki oza kucacisa malunga nonyawo olusisilima kunye nonyango lwalo. Ngeentsuku zekliniki uza kuhlalanga nabanye abazali abaneentsana nabantwana obakumanqanaba ohlukileyo onyango, ungathetha nabo okanye uzibandakanye neqela lenkxaso. Ngeenkukacha ezithe vetshe ngonyango lohlobo lwePonseti eMzantsi Afrika qhagamshelana/yiya kule webhusayithi:-

www.steps.org.za

www.clubfoot.co.za

www.ponseti.co.za

Kubalulekile ukukhumbula ukuba wena, mzali, uyeyona nxalenye yonyango ibalulekileyo. Olu nyango alusoze lwenzeke ngaphandle kokuba wena uqinisekise ukuba umntwana wakho ubakhona ngalo lonke ixesha enedinga nogqirha wakhe. Isamente kufuneka itshintshwe kanye ngeveki kwaye izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kufuneka zinxitywe rhoqo ebusuku.

Ukuba ufuna uncedo okanye inkxaso ngexesha lonyango, nceda uqhagamshelane nekliniki yakho okanye iqela lenkxaso yabazali ufumane iingcebiso kunye noncedo.

GLOSSARY OF TERMS

This glossary of terms is designed to be a quick guide to the medical terms.

Abduction:	The movement of a limb away from the midline of the body
Achilles Tendon:	The tendon that joins the bone of the heel to the calf muscle.
Anterior:	At or towards the front.
Anterior Tibialis Tendon Transfer (ATTT):	A procedure usually only performed around age four for children with continual relapse problems. To prevent further relapses, the tendon of the tibialis anterior muscle is transferred (pulled across and attached) to the third cuneiform (bone of the foot). This makes the foot plantigrade and prevents relapse.
Arthrogryposis:	Distal arthrogryposis type 1 is a disorder characterized by joint deformities (contractures) that restrict movement in the hands and feet. The characteristic features of this condition includes permanently bent fingers and toes (camptodactyly), overlapping fingers, and a hand deformity in which all of the fingers are angled outward toward the fifth finger (ulnar deviation). Clubfoot (syndromic) is also commonly seen with distal arthrogryposis type 1.
Bilateral clubfoot (BCF):	Both feet are affected.
Calcaneus:	Heel bone, the larger of the two bones forming the ankle joint
Complex clubfoot:	This clubfoot is shorter, broader and has a deep crease across the sole. It is more difficult to treat, and usually requires modified casting
Congenital:	A condition that is present at birth.
Deformity:	A distortion of any part of, or the body in general, different in size or shape
Dorsiflexion:	In clubfoot treatment, dorsiflexion is the ability to bend at the ankle, moving the foot upward in the direction of the shin.
Eversion:	Sole of the foot turns outwards
Genetic:	Refers to genes, and inherited traits or conditions.
Heel cord:	<i>See Achilles tendon.</i>
Idiopathic:	Medical term that means of unknown cause. Clubfoot is idiopathic in most cases, unless it is linked to a syndrome (in the minority of cases)
In utero:	When the baby is in the mother's womb.

Inversion:	Sole of the foot turning inwards
Ligament:	A short band of tough, flexible, fibrous connective tissue that connects two bones or cartilages or holds together a joint.
Maceration:	Skin softened by soaking. Maceration can occur if a child's skin becomes wet under the cast. The skin breaks down and it is painful.
Manipulation:	Manually stretching the clubfoot in specific positions to achieve correction before casting.
Metatarsus adductus:	Condition that looks similar to clubfoot but only the forefoot is turned in, the ankle is not twisted. Typically not treated with casts, it is usually outgrown as the child gets older.
Neurogenic clubfoot:	<i>See Syndromic Clubfoot.</i>
Orthotist:	An orthotist is trained to make orthotics such as braces or splints to support limb function. An orthotist working with will often fit the brace that is used after clubfoot correction.
Paediatric Orthopaedic Surgeon:	A doctor specialising in children's orthopaedics.
Percutaneous:	In surgery it refers to a procedure that punctures the skin rather than using the 'open' approach that exposes tissue. A 'percutaneous tenotomy' forms part of the Ponseti method and can be done using local anaesthetic only.
Physical therapy:	Some doctors prescribe physical therapy to assist with tight tendons in correct clubfoot. Parents can be taught stretching exercises to be done on their baby to increase flexibility and prevent relapse.
Plantigrade:	Walking evenly on the sole of the foot.
POP:	Plaster of Paris.
Positional clubfoot:	Not considered a clubfoot by doctors, this is when a baby is born with the foot turned in, but it is flexible and can be easily pushed into the correct position. Caused by position of the baby in utero, it usually self-corrects without any treatment. Also called "postural" clubfoot.
Posterior:	At or towards the back
Pressure sore:	A sore that develops from a long period of too much pressure on the skin. In clubfoot treatment, it is usually due to casts being put on too tight, or the brace shoes not fitting correctly – either due to incorrect measurement, or the clubfoot is not completely corrected.

Pronation:	The inward roll of the foot during normal motion and occurs as the outer edge of the heel strikes the ground and the foot rolls inward and flattens out. Moderate pronation is required for the foot to function. With excessive pronation, the foot arch flattens out and stretches the muscles, tendons and ligaments underneath the foot.
Recurrence:	In clubfoot treatment, refers to a recurrence of the symptoms. The foot turns in and children put weight on the outside of the foot when walking. Recurrence requires recasting, brace wear and sometimes surgery.
Serial casting:	The term used for the repetitive casting process that is used in the Ponseti method. A cast is applied and removed after five to seven days. This is repeated until the clubfoot is corrected.
Supination:	The opposite of pronation, it is the outward roll of the foot during normal motion. A natural amount of supination occurs during the push-off phase of running as the heel lifts off the ground and the forefoot and toes are used to propel the body forward.
Syndromic clubfoot:	This is a rare form of clubfoot that is associated with a syndrome. It is more difficult to treat. Some syndromes and conditions that can include clubfoot are arthrogryposis, spina bifida, tethered cord, Down syndrome, Ehler Danlos syndrome, and cerebral palsy. Some are also referred to as teratologic, neuromuscular or neurogenic clubfoot.
Talus:	Anklebone, the smaller of second the two bones forming the ankle and heel joint
Tenotomy:	A minor surgical procedure that clips the Achilles tendon (heel cord) to lengthen it and drop the heel. The cast is left on for three weeks to allow the tendon to heal. No stitches are required.
Tibia:	Shin bone.
Tibialis Anterior tendon:	Dorsiflexes and inverts foot at the ankle
Unilateral clubfoot:	Only one foot is affected by with clubfoot.
Valgus:	Directed away from the midline of the body.
Varus:	Directed towards the midline of the body.

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STEPS Charity South Africa

13 Chesterfield Road

Oranjezicht

Cape Town

8001

SOUTH AFRICA

UKUZHUPHA ETYALENI

Le ncwadana imalunga nonyawo olusisilima yokufundisa nokucacisela abazali ayiyilelwanga ukuba kwaye ayiboneleli ngeengebiso zonyango, iziphumo zokuxilongwa ngoogqirha, uluvo okanye unyango. Le ncwadana ibonelela ngolwazi ngokubanzi ngeenjongo zokufundisa kuphela. Olu lwazi kubonelelwa ngalo kule ncwadana aluthathi indawo yononophelo lwezonyango okanye unonophelo lweengcali, kwaye akufuneki ulusebenzise olu lwazi endaweni yokutyela, ukutsala umnxeba okanye iingcebiso zomcebisi kwezonyango ngohlobo lwePonseti. Abakwa-STEPS abanakubekwatyala okanye bathathe uxanduva ngalo naliphi na icebo, unyango, isiphumo sokuxilongwa okanye ulwazi olufumana kule ncwadana.

Abakwa-STEPS baphuhlise inkqubo yonyango ngokulandela uhlobo **IwePonseti** lucaciselwa abazali ukuxhasa iintsapho ngolwazi olubalulekileyo kunye neengcebiso ukuqinisekisa unyango oluyimpumelelo.

Abazali kunye neempelesi babaluleke kakhulu ekufezekiseni iziphumo ezilungileyo, kuba ngabo abasa umntwana ekliniki, abajongana nokukhathalela isamente ekhaya, bakhangelana naziphi na iingxaki, baqinisekise ukuba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana zinxitywe kakuhle iiyure ezingama-23 ngosuku kwiinyanga ezintathu zokuqala baze bazinikezele ukuqinisekiseni ukuba umntwana ulala enxibe izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana ade abe neminyaka emine.

Abakwa-STEPS bayile oku njengenkqubo yezemfundo yabazali njengejelo leendaba elixubileyo kwiikliniki zeveki zonyawo olusisilima:

- **Abakwa-STEPS** bachonge abacebisi kwiikliniki abanokuqeqeshwa ukuze baqonde amanqanaba onyango kunye nokucebisa baxhase abazali. Incwadi yeengcebiso zabazali esihloko sithi Ponseti for Parents © ibonelela ngolwazi malunga nonyawo olusisilima kunye nonyango lwalo, okulindelekileyo, kwakunye nokuba kubaluleke njani ukuzibandakanya kunye nokuzinikela ukuqinisekisa iziphumo eziyimpumelelo.
- Amaphatshana onokugoduka nawo aqulethe ulwazi kwaye unokuwasebenzisa kwaye aphinde umyalezo ovela kumcebisi wabazali. Kukho imifanekiso onokuyisebenzisa ukwenza kube lula ukuqonda okuqulathiweyo.
 - Umzali oza kudibana nogqirha ngenjongo zonyango okokuqala ufumana iphetshana agoduka nalo olunolwazi olusisiseko malunga nonyawo olusisilima, isishwankathelo sonyango, kunye nenqanaba lokufakwa isamente.
 - Iphetshana lesibini agoduka nalo limalunga nokuqala kwenqanaba lokunxiba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kwaye licacisa ukunxitywa kwazo, izinto ekufuneka zenziwe imihla ngemihla kunye nokubaluleka kokulandela imiyalelo ukuthintela ukuba lubuyele umva unyawo/lujijeke kwakhona.
- I-DVD equlethe ulwazi lwabazali ingaboniswa ekliniki kumagumbi okulindela isekwadlulisa umyalezo ofanayo nalowo unikwe abazali ngabacebisi kunye nobhalwe kumaphetshana.
- Kukho ipowusta eyenzelwe ukusetyenziswa kwiikliniki zezempilo yabantwana, ezabakhulelweyo, kunye namaziko okugonya, njalo njalo. Le powusta inceda ukuba uluntu luqonde ukuba unyawo olusisilima lunganyangeka, inika ingcaciso elula malunga nokuba lunyangwa njani, kunye nokuba ungayaphi na ukuze ufumane uncedo.

Abakwa-STEPS bazinikele ekuxhaseni abazali kwaye inkqubo yonyango elungiselelwe abazali ngokulandela uhlobo IwePonseti ligalelo lethu lokuphumeza ezona ziphumo ziyimpumelelo kubantwana abanonyawo olusisilima.

Ixhaswe kwaye ivunywe nguMlawuli wezoNyango wakwa-STEPS: Gqr Jacques du Toit

