UNFO protocol

for Metatarsus Adductus

*starting at least at age of 2 months up to 9 months.

*Maximum foot length 10cm.

 6 weeks of 23 hours • (make sure the family have Micropore tape) Step 1 Consider repeating in •First Follow up visit in 2 weeks, then after 4 weeks severe cases for another additional 2 weeks. Doing step 1 and 2 in a •3 weeks 15-Hour per night row (Depends on physical exam.) Step 2 Consider X2 Step 2 and 3 could be done in a row without follow up in-between. •3 Weeks 12-Hour per night Depends on physicians. Step 3 Consider X2 4 weeks without treatment Step 4 Follow up for reassessment •Final Follow up. Step 5 Dr Abudalou Khaled

Pediatric Orthopedic Unit Rambam Hospital