

Parent Appointment Checklist

A practical clubfoot visit guide for new parents



Walk into the appointment with better questions.

This printable guide helps you organize what to ask, what to track, and what to write down during clubfoot diagnosis, casting, tenotomy, bracing, and follow-up appointments.

Diagnosis

Casting

Tenotomy

Boots & Bar

Relapse

Important

This guide is educational and does not replace care from your child's orthopedic team. Use it to prepare better questions and capture the answers you receive.

How to use it

Print it before appointments. Circle what applies. Write down exact answers, dates, brace settings, next steps, and who to call if something changes.

Clubfoot Forward

Built on discipline. Backed by experience.

Before the Appointment

Bring these if you have them

Photos of both feet, prior notes, brace details, shoe/skin photos, questions from home, and a list of anything that changed since the last visit.

Write down the answer

The appointment room is where good questions go to die. Do not rely on memory. Write the exact plan, schedule, and warning signs.

Quick parent checklist

- I know the exact reason for today's visit.
- I have written my top 3 questions before the appointment.
- I know who to call if the cast, brace, or skin becomes a problem.
- I understand the next step before leaving the clinic.
- I know the next appointment date or follow-up timeline.

Top 3 questions for today

1. _____

2. _____

3. _____

Diagnosis Visit: What to Ask

The goal of the first visit is not to memorize every detail. The goal is to leave with a clear plan, a realistic timeline, and a basic understanding of your child's specific feet.

- Is my child's clubfoot unilateral or bilateral, and does one side appear more involved?
- Are there any signs this is complex, atypical, syndromic, or likely to need extra monitoring?
- Do you recommend Ponseti casting? If yes, when should casting begin?
- How many casts do you usually expect before deciding whether tenotomy is needed?
- What does a good early response look like?
- What should make me call the office before the next appointment?

Notes from the visit

Casting + Tenotomy Questions

Casting phase

- How do I know if a cast is slipping?
- What swelling, color change, odor, crying, or toe changes require a call?
- How should I protect the cast during feeding, sleep, and travel?
- What should I avoid doing with the cast?

Tenotomy discussion

- Why is tenotomy recommended in my child's case?
- Where is it done: clinic, procedure room, or operating room?
- What pain control is used?
- What should I expect in the first 24-48 hours afterward?
- How long will the final cast stay on?

Parent reality check

Cast problems are not a parenting failure. If something looks wrong, feels wrong, smells wrong, or your baby is inconsolable, call the clinic.

Boots + Bar: Fit and Schedule

The brace phase is where many families struggle. The questions below help you leave with specific instructions instead of vague reassurance.

- What exact wear schedule do you want us following this month?
- What boot size, bar width, and rotation settings are being used?
- How should the heel sit in the boot?
- What skin marks are normal, and what skin marks are not normal?
- What should we do if our child fights the brace?
- When do we reduce brace hours, and what determines that decision?

Date	Hours worn	Skin check	Problem / note

Relapse + Follow-Up

Relapse does not mean you failed

Clubfoot can relapse even when parents work hard. The point is to recognize changes early and ask for help before the problem becomes larger.

Changes worth asking about

- Foot turning inward again or looking less corrected.
- Toe walking, new limp, or difficulty getting the heel down.
- Brace suddenly becoming harder to tolerate.
- One foot changing differently than the other.
- Pain, stiffness, calluses, skin pressure, or shoe fit problems as your child grows.

Follow-up questions

- When should we return?
- What specific changes should trigger an earlier appointment?
- What are the next treatment options if relapse is confirmed?
- How does growth affect recurrence risk?

Appointment Notes

Date	Provider	Clinic / location

What changed since last visit?

Plan / next steps

Who do I contact if there is a problem?

Keep This With Your Child's Records

Clubfoot treatment is a long process. You do not need to remember everything at once. Keep asking clear questions, track what changes, and bring your notes back to each visit.

Get more parent resources

Visit Clubfoot Forward for parent guides, lived-experience explanations, treatment roadmaps, relapse information, and practical tools for navigating the long haul.

Suggested next downloads

- Casting Tracker
- Boots & Bar Compliance Log
- Relapse Warning Checklist
- Surgery Decision Question Sheet

www.clubfootforward.com

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Use this guide at your next appointment and keep building your parent record.