



Mitchell Bar and Shoes

Mitchell Bar and Shoes are a pair of leather lace-up shoes or sandals with a bar connecting them. The length of the bar is about the same length as your child's shoulder width. These shoes keep your child's feet in a position that keeps the clubfoot from coming back. Your child will need to wear the brace for 23 hours a day.

In the beginning, your child may not like to wear the Mitchell Bar and Shoes. He or she may cry when you put them on at first, but they will get used to them. You can take the brace off for:

- Bathing
- Taking pictures
- Playtime or cuddling
- Skin-to-skin touch
- Massages

In the first few days after your child receives the shoes:

- Take the shoes and socks off with every diaper change (about every four hours) to look at his or her feet.
- Check each foot for red or pink areas or blisters on the skin.
- If an area is getting red, put a bandage over it. If it gets worse, call the doctor.
- Check your child's feet four hours after making a change, like putting on a bandage or changing socks. If a sore area is not getting better, call your child's orthopedic doctor.
- Always make sure the heels rest on the insoles of the shoes; the middle strap is important.

Call with any questions or concerns.

Monday-Friday, 8 am-4:30 pm

Call 317.948.2550 and ask to speak with the cast nurse

Weekends or holidays after 4:30 pm

Call 317.944.5000 and ask to speak with the pediatric orthopedic resident on call