

# Sports Nutrition and Ortho Congress

December 08-09, 2016 | Philadelphia, USA

## Results of ponseti Brazil program: Multicentric study in 1621 feet preliminary results

**Antonio Luiz Gonçalves Brandao**  
COT-Martagao, Brazil

**Background & Purpose:** The Ponseti method has been shown to be the most effective treatment for congenital clubfoot. The current challenge is to establish sustainable national clubfoot treatment programs that utilize the Ponseti method and integrate it within a nation's governmental health system. The Brazilian Ponseti program has increased awareness of the utility of the Ponseti method and has trained >500 Brazilian orthopedic surgeons in it.

**Methods:** A group of 18 surgeons had been able to reproduce the Ponseti clubfoot treatment and compiled their initial results through structured spreadsheet.

**Results:** The study compiled 1040 patients for a total of 1621 feet. The average follow-up time was 2.3 years with an average correction time of approximately 3 months. Patients required an average of 6.40 casts to achieve correction.

**Conclusion:** This study demonstrates that good initial correction rates are reproducible after training; from 1040 patients only 1.4% required a posteromedial release.

### Biography

Antonio Luiz Goncalves Brandao was graduated in Medicine from Bahia Foundation for Science Development-FBDC (1996), did Medical Residency in Orthopedics and Traumatology at COT-Martagao (1997-1999) and Pediatric Orthopedics and Foot Surgery in HCRP-USP (2000-2001). He is currently an Orthopedist at the Orthopedics and Traumatology Clinic (COT), Brazil. He has completed his Master's degree in Health Technology from Escola Bahiana de Medicina (EBM).

antoniolool@me.com

### Notes: