

Steps

Clubfoot Care

Kgolafalo ya leoto e ka alafiwa!

Kaedi ya kgato ka kgato ya go alafa kgolafalo ya leoto mo balwetseng ba bantsha

We will walk with you



Le le tlwaelegile



Kgolafalo ya leoto

KGOLAFALO YA LEOTO YA TLHOLEGO

Ga go na sebako se se itsegeng sa kgolafalo ya leoto – Ga se molato wa ga ope gore lesea la gago le na le kgolafalo ya leoto Kgolafalo ya leoto e teng ka nako ya pelegi Leoto le a gagamala mme ga le kgone go busediwa mo maemong a tlwaelegileng Leoto le kaile kwa tlase mme le retologetse mo teng fa lengenaneng ka jalo karolo e e fa godimonyana ga leoto e batla e nna mo karolong e e tshwanetseng go nna kwa tlase. Leina la kalafi la kgolafalo ya leoto ke Talipes Equinovarus Kgolafalo ya leoto e tlwaelegile tota – e direga mo matsalong a le 2 mo go mangwe le mangwe a le 1, 000 Kgolafalo ya leoto e tsamaya mo malapeng mangwe, mme mo go a mangwe ga go na hisetori ya kgolafalo ya leoto Kgolafalo ya leoto e ka ama leoto le le lengwe kgotsa ka bobedi Basimane ba bantsi ba na le kgolafalo ya leoto go feta basetsana (tiragalo e ka nna bokana ka 2:1) Lesea la gago le tlaa tlhatlhobiwa go tlhola malwetse a mangwe, mme mo mabakeng a mantsi kgolafalo ya leoto e itiragalela e le nosi

KALAFI E E ATLANEGISIWANG YA KGOLAFALO YA LEOTO KE MOKGWA WA PONSETI

MOKGWA WA PONSETI

Kalafi e bona katlego ya 95%, fa o latela kalafi ka tsela e e nepagetseng, ngwana wa gago o tlaa nna le maoto a a lebegang a tlwaelegile le a a dirang sentle:

1. Go tshwaratshwara leoto le lengwejana ka bonolo
2. Disamente tse di tsennngwang mo leotong lotlhe di fetolwa beke le beke mo dibekeng tse 4-6
3. 80% ya bana ba dirwa karo e nnye go sega monape wa serethe (karo ya monape)
4. Morago ga karo ya monape, go tsennngwa samente sa bofelo
5. Setlhako sa tshiamiso ya kgolafalo ya leoto se rweisiwa ka bonako morago ga samente sa bofelo se se na go ntshiwa
6. Setlhako sa tshiamiso se rwalwa diura tse 23 ka letsatsi mo dikgweding tsa ntlha tse 3
7. Morago ga dikgwedi tse 3, go rwala setlhako sa tshiamiso go a fokodiwa go nna bosigo le ka boroko jo bokhutshwane (diura tse 12-14 ka letsatsi)

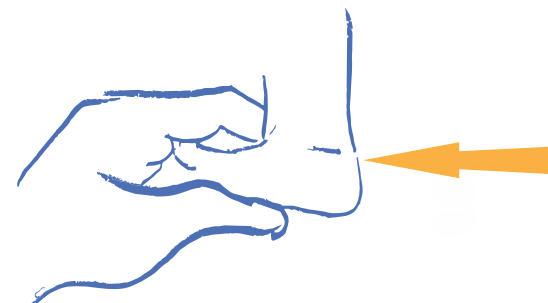
GO TSHWARATSHWARA LE DISAMENTE



- Go tsenya samente ga go kitla go gobatsa lesea la gago
- Samente e tsennngwa mo lenaong lotlhe, mme se kobega mo lengoleng
- Tlisa lesea la gago le tshwerwe ke tlala mme o le fepe ka nako ya go tsenya samente go le gomotsa
- Disamente tse di metsi di boima. Mena toulu mme o e tsenye ka fa tlase ga mangole a lesea la gago go le neela tshegetso, go fitlhelela samente se oma
- Samente se tlaa tsennngwa sebaka sa beke mme se ntshiwa mo mosong wa peelano e e latelang, kwa tleliniking kgotsa kwa gae
- Disamente di tsennngwa beke le beke go fitlhelela maoto a nna mo seemong se se siameng

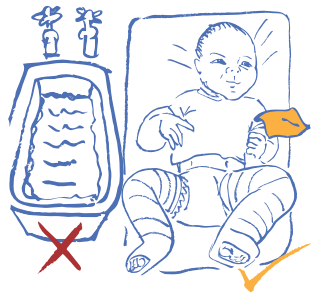


KARO YA MENAPE

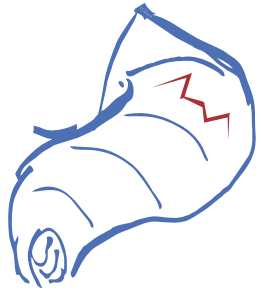


- Bana ba bantsi ba ba nang le kgolafalo ya leoto ba na le monape o mokhutshwane wa serethe o e bileng o gagametse
- Kwa ntle ga karo ya menape ngwana wa gago o tlaa tsamaya ka dintlha tsa menwana ya maoto
- Karo ya menape ke karo e nnye ya go kgaola monape wa serethe
- Gantsi e dirwa ka go bolaya karolo e e rileng bogatsu mme e ka tsaya bokana ka metsotso e le 10
- Morago ga karo ya menape go tsennngwa samente ya bofelo sebaka sa dibeke tse 3
- Dingaka tse dingwe di dirisa kidibatso mo balwetseng ba bagolwane
- O ka nna wa naya lesea la gago seokobatsa ditlhabi se se seng bogale thata fa go tlhokega morago ga karo ya menape

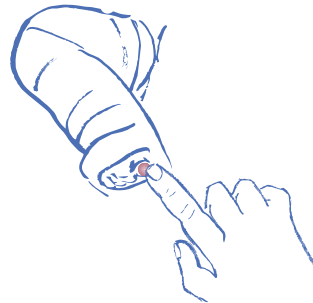
TLHOKOMELO YA SAMENTE KWA GAE



- Tshola samente se le phepa e bile se omile
- O se ka wa tlhapisa lesea la gago
- Dirisa letsela le le nang le sesepa go phepafatsa lesea la gago kwa ntle ga go kolobetsa samente



- Tihola gore a samente se na le fa se thubegileng teng kgotsa fa se phanyegileng teng
- O se ka wa tsenya sepe mo teng ga samente



- O tshwanetse gore ka gale o kgone go bona menwana ya maoto
- Menwana ya maoto e tshwanetse go nna bothito mme e nne le mmala o o tlwaelegileng wa letlalo
- Tobetsa menwana diura dingwe le dingwe di le mmalwa go netefatsa tikologo ya madi

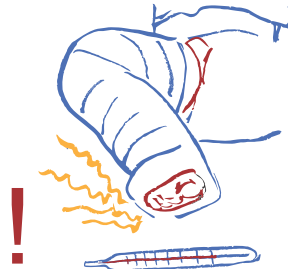


- O ka nna wa rwea dikausu mo disamenteng fa maemo a bosa a le tsididi
- Baya taulu e e mennweng ka fa tlase ga mangole go tshegetsatsa diretse fa lesea la gago le robetse



MATHATA KA DISAMENTE

Leletsa ngaka ya gago kgotsa boela kwa tleliniking fa o lemoga sepe sa dilo tse:



- Letshoroma le le kwa godimo
- Go ruruga fa godimo kgotsa fa tlase ga samente.
- Menwana e e rurugileng ya maoto.
- Fa samente se gagametse thata mo karolong e e kwa godimo ya lenao.
- Monkgo o o seng monate mo teng ga samente.

- Fa menwana e le tsiditsana kgotsa e le tsididi.
- Fa menwana e se na mmala o o tlwaelegileng wa letlalo
- Fa leoto le boetse kwa morago mo teng ga samente
- Fa o sa kgone go bona menwana
- Fa samente se phanyegile kgotsa se le botobetobe
- Fa samente se wa

GO NTSHA SAMENTE



- Ditleliniki dingwe di tlaa ntsha samente, fa tse dingwe di tlaa go kopa gore o ntshe samente.
- O se ka wa ntsha samente bosigo pele ga letsatsi le se tshwanetseng go ntshiwa ka lone
- Kolobetsa samente, se phuthole ka toulle e metsi, mme o se apese ka kgetsana ya polasetiki go nolofatsa polasetara
- O tshwanetse go batla tlhogwana ya sefapho (bandeitshe) gaufi le lengole go thusa gore o se fapholole.
- Tshela aseine mo metsing gore e nolofatse polasetara ka bonako
- Go ntsha samente kwa tleliniking, ba tlaa go naya setshodi se se nang le metsi a a bothito go kolobetsa disamente.

Jaaka motlhokomedi wa ngwana wa gago, o na le seabe se segolo mo katlegong ya kalafi. Fa o na le dipotso kgotsa matshwenyego, tsweetswee ikgolaganye le tleliniki ya gago kgotsa mogakolodi wa batsadi

Tshedimosetso ya Tleliniki



GO TSENYA SAMENTE

1	2	3	4	5

LETSHA



GO TSENYA SAMENTE

6	7	8	9	10

LETSHA



GO TSENYA SETLHAKO SA TSHIAMISO

1	2	3	4	5

LETSHA



GO TSENYA SETLHAKO SA TSHIAMISO

6	7	8	9	10

LETSHA

