

All of our Therapists have a degree or equivalent in Occupational Therapy or Physiotherapy, some to Masters level. All our therapists are registered with the Health Professions Council and receive regular post graduate training.

Our service is founded in evidence-based practice and is benchmarked against other local services and best practice groups.

We continue to review our service to make sure that it meets the needs of those who are using it.

We would appreciate any suggestions on how we may improve and also comments on what was good about the service.

If you have any compliments, suggestions or complaints, please write to or contact:

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## Idiopathic Toe Walking



## What is toe walking?

Toe walking is when the heel makes little or no contact with the floor during standing and walking. This is considered a normal part of development when a child is learning to walk, however it can sometimes persist beyond this stage.

## What causes toe walking?

The exact cause is unknown and it can often become a habit which results in muscle shortening and muscle weakness.

## Treatment

The intervention your child will receive will depend on their specific symptoms and difficulties. The following are just some of the strategies that may have been discussed:

- Encourage your child to walk slowly and prompt them to walk with their feet flat. Give them lots of praise when they walk with their feet flat.
- Well fastened supportive foot wear may help to improve your child's foot posture when walking.
- Activities which encourage your child to walk with flat feet and strengthen postural muscles.
- Exercises to stretch tight muscles.

## Activities

### Tactile Activities:

- Foot and leg massage
- Stomping on various textures e.g. bubble wrap, sand.



### Proprioceptive Activities:

- Jumping with two feet – forwards, backwards, side to side
- Jump rope
- Push or pull activities
- Climbing
- Space hopper



### Gross Motor and Postural Activities:

- Squatting activities (try and ensure your child's heels stay down)
- Walking heel to toe along a line
- Walking up a slope slowly, keeping heels flat on the floor
- Animal walks e.g. bear walking (walking on hands and feet), duck walking (walking on inside edge of feet), penguin walking (weight on outside edge of feet).

## Stretches

Aim to hold stretches for up to 30 seconds and repeat 3 times, or as directed by your physiotherapist.

- Calf stretching:

