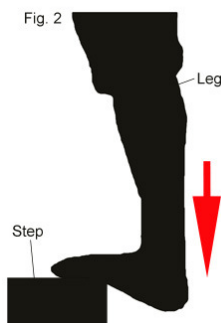


Toe Walking

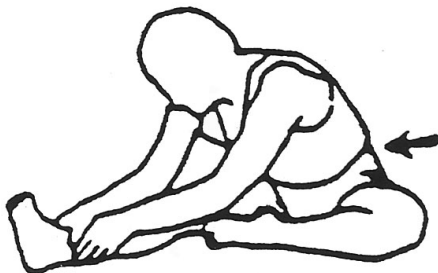
Toe walking occurs in children for a variety of reasons including: growth spurts, with the development of walking, as the result of tightness, and sometimes in conjunction with other diagnosis. In some cases, the toe walking is considered idiopathic – there is no known cause.

If your child is toe walking, try these interventions in conjunction with a visit to your family physician, pediatrician, physical therapist, or orthopedist.



Calf Stretch

Stand with toes on stair
Let heels hang down
Stretch 2 times every day hold for 30 seconds



Hamstring Stretch

Sit on floor with knee fully extended
Reach towards ankle
Stretch 2 times every day hold for 30 seconds
Repeat on both sides

Also try these activities

- Walk backwards
- Encourage walking with heels down and toes in the air
- Walk up hills
- Practice standing on one foot for 20-30 seconds at a time
- Walk on uneven terrain to maintain balance and strength
- Climb and descend steps putting one foot on each step

Splints and Braces

Ankle braces and night splints are sometimes used when traditional stretching does not improve flexibility. Seek a specialist if traditional stretching does not work.