

What happens next?

You will be given advice on how best to keep your child's muscles good and long as they grow, but not directly how to stop the toe walking.

Unfortunately toe walking is a difficult habit to break especially if your child is very young.

Your child will stop walking on their toes when they are ready. This is usually once they become aware that their friends don't walk on their toes!

The most important thing to remember is that most children outgrow toe walking without any help.

Where are we?

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A Basic guide to Toe Walking



Information for Parents

Why is my child walking on their toes?

Toe walking is a normal part of growing up.

The majority of children who walk on their toes will outgrow this habit without any help from doctors or other health professionals.

When should I worry about the toe walking?

Some children develop tight calf muscles if they walk on their toes for the majority of the time.

This is because their calf muscles are not stretched as much as they grow.

We would be happy to assess your child if you notice that your child is:

- Unable to stand still with their heels on the ground and complain of pain around their foot or ankle.
- Over 3 years old and is walking on their toes more than 50% of the time.
- Very clumsy compared to other children of the same age.
- Turn their feet inwards as well as walking on their toes.
- Still walking on their toes by the time they start school.

What happens at the assessment?

We will look at your child walking and assess how long their calf muscles are. We will also assess their movement skills such as walking, running, jumping, hopping and walking up and down stairs.

Your child should wear shorts during the assessment as this makes it easier for us and your child will not have to get undressed. We will tell you at the assessment why your child is walking on their toes.

This is usually for one of the following reasons:

- Their calf muscles have become tight as they have grown. Our muscles only grow long if we stretch them as we move. Toe walkers don't stretch their calf muscles and therefore they can become tight.
- They find balancing a little difficult. Some children are 'floppy' they find their muscles have to work hard to control their movements. Stiffening up the ankle by going up on tip toe can help to make them feel steadier.
- Has become a habit!
- Some children like the feel of walking on their toes.