

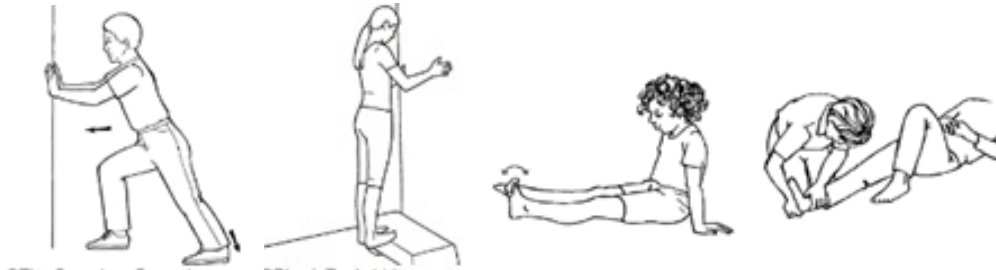
If your child toe walks these activities can help with flexibility while they are still growing.

- Heels down standing
- Heels down stepping
- Squatting
- Bear crawling



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- Standing stretches
- Floor stretches



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The Paediatric Physiotherapy Team are based in three locations covering the whole of Worcestershire. A health professional can refer your child to this service if they need specialist advice and input.

Do you have a communication or information support need?

If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.



TOE WALKING IN ASD/ADHD

Autism (ASD) / Attention Deficit Hyperactivity Disorder (ADHD)

Information for parents

Provided by Paediatric Physiotherapy Worcestershire Children's Health Services



@WorcsHealthandCareNHS



@WorcsHealthCare

■ ■ ■ Toe walking in children with Autism (ASD) or Attention Deficit Hyperactivity Disorder (ADHD).

Children who have ASD and ADHD are often seen to walk on their toes.

How common is toe walking in children with ASD / ADHD? ■ ■ ■

It is reported that around 1 in 5 children with ASD / ADHD toe walk.

■ ■ ■ Does my child need to see their doctor or nurse about toe walking?

- YES: If the toe walking is linked with pain, falling over, or difficulties with physical activities that used to be fine.
- YES: If toe walking is only on 1 leg.
- YES: If your child cannot get their heels down when standing or walking (with or without you asking them).
- YES: If getting heels down makes standing or walking look awkward.

What would my doctor / nurse do if my child sees them about their toe walking? ■ ■ ■

- They will ask some questions including how frequently your child walks on their tip toes each day.
- They will look at your child's walking and legs.
- They will consider if your child needs further assessment

■ ■ ■ What happens if your child is referred to a paediatric physiotherapist?

They will ask further questions and carry out a hands on examination.

What may the physiotherapy examination include? ■ ■ ■

- Looking and feeling the legs and feet.
- Looking at physical skills.

■ ■ ■ What might the physiotherapist find and suggest from the examination?

If physiotherapy finds:

- Good flexibility in the joints and muscles.
- Good physical skills when balancing, jumping, kneeling and walking.

They will:


- Reassure and discharge with advice.

If physiotherapy finds:

- Tightness or stiffness in the joints and muscles.
- Difficulties with some physical skills.

They will discuss the follow options:

- Discharge with advice that may include exercises.
- Exercises to do at home to improve tightness / stiffness / physical skills.
- Booking a further physiotherapy appointment.
- Making a referral to another health worker.



Do you have a concern, complaint or comment?
If you wish to make a compliment, comment or complaint please contact:
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