

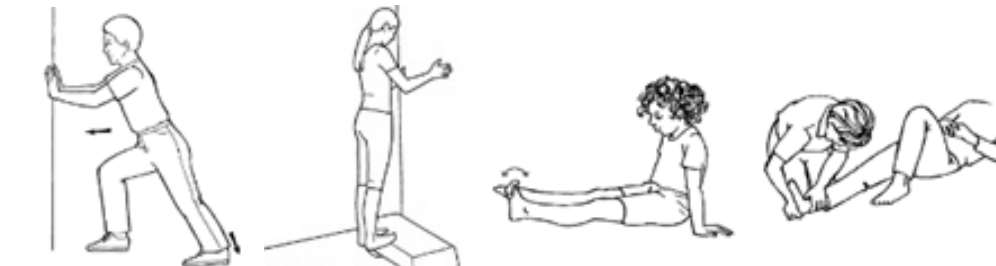
If your child toe walks these activities can help with flexibility while they are still growing.

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



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- Standing stretches
- Floor stretches



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Idiopathic Toe Walking

Information for parents

Provided by Paediatric Physiotherapy Worcestershire Children's Health Services

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.



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What is 'Idiopathic Toe Walking' (ITW)?

Idiopathic means a condition which arises spontaneously or the cause is unknown. Therefore Idiopathic Toe Walking (ITW) is walking on the toes when a child or young person's health and development are normal.

How common is Idiopathic Toe Walking (ITW)?

Idiopathic toe walking is seen in around 1 in 20 toddlers but this usually resolves without treatment by age 5-10 years.

Does my child need to see their GP / health visitor?

- 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 was born prematurely, has speech delay or there is a history of toe walking in the family.
- YES: If your child cannot get their heels down when requested in standing or walking.
- YES: If getting heels down makes standing or walking look awkward.

If my child see's their GP / health visitor what will they do?

- 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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