



# Toe Walking Information Sheet

## Does your child.....

- Walk on their tip-toes after the age of two?
- Walk on their tip-toes on certain surfaces?
- Have tight ankle muscles?
- Have shoes that may be worn out on the top half?

If you answered “**YES**” to any of the above questions, contact your primary physician about how physical therapy can be helpful for you.

- The most common cause of toe walking is Idiopathic toe walking – which may be related to muscle weakness and ankle tightness
- Toe walking can also be a sign of musculoskeletal or neurological disorders such as Cerebral Palsy, Muscular Dystrophy, Autism, and sensory system disorders
- Idiopathic toe walking can lead to ankle tightness which impairs balance and walking, thus delaying gross motor skills
- A recent study cites that there is improper use of leg muscles (i.e. quadriceps, hamstrings, gluteus maximus) in certain stages of gait when walking on your toes
- Tots with postural disorders may toe walk due to difficulty adjusting the position of their feet to various surfaces and textures so they compensate by standing and/or walking on their toes.

## How can a pediatric therapist help my child?

1. Professional assessment of muscles, joints, and walking pattern
2. Professional assessment of gross motor development with testing
3. Stretch tight muscles
4. Strengthen weak muscles
5. Recommend foot orthotics if needed
6. Consult with other physicians/specialists who may need to further assess your child.

**For an evaluation or for a free consultation please call us!**

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