

Toe walking information sheet

What is toe walking?

Toe walking children walk on the balls of their feet (on their tip toes) and their heels do not contact the ground. Most parents notice their children toe walking when they begin walking independently, but some children start toe walking after a period of walking normally. Most children walk with flat feet by age 2 and with a heel toe pattern by aged 3. Sometimes children continue to toe walk after the age of 3 years.

Facts and figures about toe walking:

- About 5% of all children will have a history of toe walking and more than half of these will stop by the age of 5 (children tend to toe walk for a period of 1-2 years)
- Children who continue to toe walk do so for about 25% of the time

Do I need to be concerned about my child's toe walking?

The list below includes questions and activities that a member of the health team might ask about your child's toe walking. If you can answer yes to all of them then it is unlikely your child will need to see a health professional for assessment.

- Can my child stand still with their heels on the floor and their feet pointing forwards?
- Can my child perform a squat to the floor with their heels down – this tells us that their calf muscles are not tight
- My child tip toes on both feet equally

If the answer to any of these questions is “NO” then please call our Surrey -wide 0-19 advice line to discuss your child on **01883 340 922** .The Advice Line is available from 8am to 5pm, Monday to Friday (excluding bank holidays) and provides support on all aspects of child health, development and parenting.

How can I check that my child's calf muscles are not getting tight?

- Make sure they can stand still with their heels down
- Make sure they can squat to the floor with their heels down

If you think your child's calf muscles are tight then use the stretches included on the toe walking exercise sheet. Try and do the exercises each day for a couple of weeks to see whether there is an improvement. If you still have concerns after trying them please contact the 0-19 advice line to discuss your child's needs on **01883 340 922** .

The Advice Line is available from 8am to 5pm, Monday to Friday (excluding bank holidays) and provides support on all aspects of child health, development and parenting or make a referral to physiotherapy services using our portal on <https://childrensreferrals.sabp.nhs.uk/>