

How to Help Your Child

- Early identification equals better long-term results.
- Not necessary to wait until 2 years of age if concerned.
- Talk to your pediatrician or see a physical therapist

Recommended Activities

1. Walking uphill/ incline
2. Yoga Downward Dog
3. Frog Pose



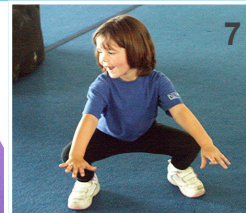
For More Information Visit:

- <http://www.newkidscenter.com/Children-Walking-On-Tiptoes.html>
- www.seattlechildrens.org/pdf/PE1532.pdf



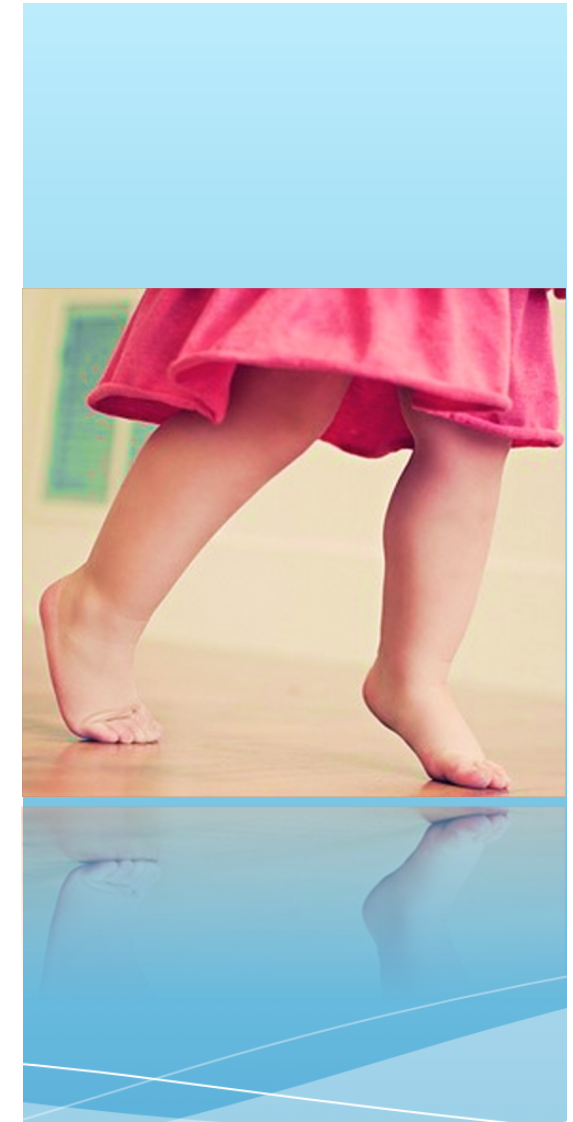
Activities Continued

4. Superman
5. Bear Walking
6. Squat when playing
7. Squats
8. Plank



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Idiopathic Toe Walking

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What is Idiopathic Toe Walking?

Idiopathic [id-ee-o-path-ik] toe walking (ITW) is also called habitual toe walking or tippy toe walking. ITW has no known cause. Toe walking typically occurs at 12-18 months old, when a child begins walking. Most children grow out of it by age 2 years old.

7-24% of children are diagnosed with ITW

Boys are affected more than girls

ITW is diagnosed by ruling out all other disorders



Seek out a Pediatrician or Physical Therapist

What causes toe walking?

- Unknown reason
- Family history of toe walking increases the risk
- Nerve diseases like Cerebral Palsy
- Developmental or sensory disorders like Autism Spectrum Disorder
- Muscle or skeleton problems like short calf muscles/ tight Achilles Tendon
- Harder to walk and prefer running
- Hard to control steps and prefer to jump or hop
- Late motor milestones in child's development
- Weak core muscles
- Child avoids transition movements that require controlled muscles movements of the legs

What are some concerning signs?

- Child toe walks most of the time
- Harder to squat down and keep feet flat on the ground

What are the treatment options?

- Physical Therapy
- Orthoses [or-tho-seez] (a.k.a. braces)
- Casting
- Surgery