

## Tip Toe Walking:

Tip Toe walking is commonplace until approximately the age of three years old. After such time a normal heel to toe gait pattern typically emerges. Toe walking that continues past this age can lead to tight Achilles tendons, which perpetuates the toe walking. Young children can also be distracted while walking and, in addition to tripping and veering; toe walking can be a hazard of this behaviour. However, it can also be a symptom of a more serious condition such as cerebral palsy and muscular dystrophy. Typically these cases also present with additional symptoms and milestone delays. If there is ever a concern about a more serious cause seek the advice of your pediatrician or family physician.

It is important for parents to outfit children in supportive footwear that fits correctly and sometimes a helpful “heel, toe” reminder can aid their normal gait development. If you are concerned about your child’s toe walking ask one of our Canadian Certified Pedorthist for their guidance.

## What is tip toe walking?

- childhood condition of walking on the ball of the foot
- common in children beginning to walk up to 2-3 years of age
- typically diminishes naturally, replaced with a normal heel-toe gait
- increases the likelihood of tripping and decreased coordination

## What causes it?

- sometimes the symptom of a more serious condition; cerebral palsy, muscular dystrophy, autism
- these cases accompany other symptoms and milestone delays and require further testing to confirm
- can also be hereditary

## Treatment:

- supportive footwear with a strong heel counter that fits the length of the foot properly
- physical therapy to treat tight calf muscle and Achilles tendon
- bracing and surgery in severe cases

