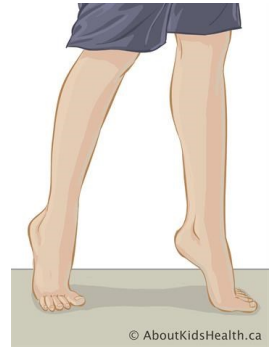


Toe Walking



WHAT IS TOE WALKING?

- Walking on balls of feet with no heel to ground contact when walking on their own
- Can stand and walk with heels on the ground when specifically asked

WHAT CAUSES TOE WALKING?

Known Causes

- Neurological disorders
 - Muscle stiffness
 - Trouble controlling body movement
- Muscular disorders
 - Muscle weakness

Idiopathic

Exact cause is not yet known, but can be influenced by:

- Tactile processing (response to touch sensation)
- Proprioceptive processing (sense of body position in space)
- Vestibular processing (maintaining balance)
- Motor control (controlling specific body movements)
- How long and flexible the leg and foot muscles are

TREATMENT

Designed to:

- Limit pain
- Decrease movement restrictions
- Limit any functional limitations



Treatment Options

Depends on individual presentation but may involve:

- No treatment
- Stretching
- Foot orthoses—shoe inserts or bracing
- Serial casting
- Surgery



WHAT CAN YOU DO??

Speak with your doctor, and if you continue to have concerns, please contact Pathways Health Centre For Children to book an appointment at **519-542-3471**