



## *What is it?*

Toe walking is when a child walks on their tip toes, or does not make contact with their heel first during a step. It is usually considered normal until about 2-3 years of age.

## *Why Treat Toe Walking?*

If left untreated toe walking can lead to multiple problems:

- Ankle and foot pain
- Back pain
- Poor balance
- Limited ankle and foot mobility
- Difficulty navigating stairs

## *When to Seek Treatment:*

- If toe walking persists past 2-3 years of age
- If accompanied by other delays in development
- If seen with other sensory processing concerns



# Fun Activities for Toe Walkers:

- Walking backwards
- Duck walking
- Paper or carpet skates
- Walking in swim flippers
- Penguin walk (walking on heels)
- Flattening play dough with heels
- Walking backward pulling weighted laundry basket
- Climbing up a slide
- Sitting on scooter-board or towel use feet to move forward
- Walk through the sand barefoot



Consult with your physical therapist for an individualized plan to meet your child's needs

