

**THIS ISSUE:**  
**TOE WALKING IN CHILDREN**

**NEXT ISSUE:**  
**MOTOR DEFICITS IN**  
**CHILDREN WITH AUTISM**

# Thera *kids*

**ADDRESSING THE NEEDS OF EDUCATORS  
AND PLANTING THE SEEDS OF CLASSROOM WELLNESS.**

## **TOE WALKING IN CHILDREN**

### **Definition**

- Walking on toes or balls of feet
- Common in children just beginning to walk until age 2
- Past age 3, toe walking is often out of habit known as **Idiopathic Toe Walking (ITW)**

### **Cause**

- Habit
- Short Achilles Tendon
- Cerebral Palsy
- Autism/Sensory Processing Disorder
- Other Muscular, Neurological, or Developmental Disorders

### **Symptoms**

- Lack of muscle coordination
- Stiff muscles
- Difficulty with precise motions, such as writing or buttoning
- Link to Language Disorders
- Weakness in abdominal rotators, gluteals, shoulder stabilizers, and ankle muscles
- Vestibular, proprioceptive, and tactile processing deficits



### **Treatment**

#### **Physical Therapy**

- Stretching the leg and foot muscles
- Strengthening to improve postural control (e.g., wheelbarrow walk, bridges, balancing)

#### **Orthotics**

- To encourage normal gait

#### **Serial casting**

- Progressive casting to improve ankle range

#### **Surgery**

- Lengthen Achilles tendon

### **WEBSITE WATCH:**

[www.kidpt.com](http://www.kidpt.com)

***\*October is National PT Month!!***

Therakids P.C. provides specialized occupational, physical and speech therapy services to help children overcome developmental concerns. Services are provided in the school setting throughout southwestern Illinois by licensed occupational therapists, occupational therapy assistants, physical therapists, physical therapist assistants and speech-language pathologists. **Website: [www.Therakids.org](http://www.Therakids.org)**

