



Oxford Health **NHS**
NHS Foundation Trust

Community → Podiatry

Toe walking in children (walking on tip toes)

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Many children walk on tip toes and this can be a normal part of their development. It is more common in boys and it can sometimes be seen in several family members.

It is common for children of 10-18 months to walk on tip toes when they are learning to walk as it can help with their balance. Some children can continue this up to the age of 6-7 years where it usually resolves naturally, however a small number of children may continue to walk this way as they get older.

Walking on tip toes generally does not cause the child any pain or discomfort and it does not result in any type of deformity. However it may lead to tightening of the calf muscle and shortening of the Achilles tendon which can lead to the child being unable to put their heel to the ground. Children are able to walk, run and jump on their toes without any problems.

The cause of toe walking is usually idiopathic (unknown) and is possibly due to habit from a young age. This can be identified if the child is able to put their heel to the ground when standing and sometimes children can walk with their heel to the ground for short periods if asked to. In this case simple calf stretching exercises are required to help prevent the calf muscle from tightening. A heel raise insole may be provided

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to encourage the child to place their heel on the ground, the height of which will be gradually reduced over time.

In a very small number of cases tip toe walking can be due to underlying causes such as congenital tightness of muscle, neurological or development issues. In these cases it may be necessary to provide treatment such as physiotherapy and bespoke footwear/insoles. In severe cases it may be necessary to provide botox injections, casting or surgery.

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Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and Complaints Team on freephone 0800 328 7971.

Community

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If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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