

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 Patient Advice and Liaison Service on freephone 0800 328 7971.

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If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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Oxford Health
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Children's Community
Physiotherapy Services

Tip toe walking in
children

WHAT IS IT?

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.



WHAT CAUSES IT?

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 a very small number of cases tip toe walking can be due to underlying causes such as congenital muscle tightness or 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.

WHAT DOES IT MEAN?

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.

TREATMENT

In most cases simple calf stretching exercises can help prevent the calf muscle from tightening.

As long as your child can put their heels down on the floor no further intervention is needed.



If your child cannot stand with their heels flat on the floor some intervention may be helpful, you should seek support from your GP who may refer your child to a musculoskeletal physiotherapy or podiatry service.