OCCUPATIONAL THERAPY

TOE WALKING

Stept to Success Occupational Therapy

Definition

Idiopathic toewalking (ITW) is when someone walks on their toes without using their heels, and the reason is unknown. Cause?

Practitioners now agree that behavioral problems, mild to moderate motor skill delays, orthopedic problems, or a combination of all three could be the cause of TW (Williams et al., 2020).

Sensory?

It is also believed that children with ITW may also have sensory processing difficulties, contributing to it's cause.

What can TW come with?

High / Low muscle tone

Low postural control / Poor balance

Developmental disabilities

Gait abnormalities (pain, fatigue, poor fluidity of movement)

Sensory Modulation

Vestibular difficulties
Aversions to textures (food, clothing tags)



HOW DOES OCCUPATIONAL THERAPY HELP?

MOTOR COORDINATION

PROPRIOCEPTIVE RICH ACTIVITIES





EXERCISES AND STRETCHING





SENSORY PROCESSING SKILLS



Go to the Park!

Balance beam
Walking up and down an inclined surface
(slide)

Lots of jumping! (trampoline, or on the grass/leaves/snow)

At home

Stand on a wedge (cereal box)
Lots of stretching! (squat to stand
for balance)

Build an obstacle course including balancing on stepping stones (mom and dad shoes)

Jumping! Set up hurdles (rolled up blankets) towels onto cushions



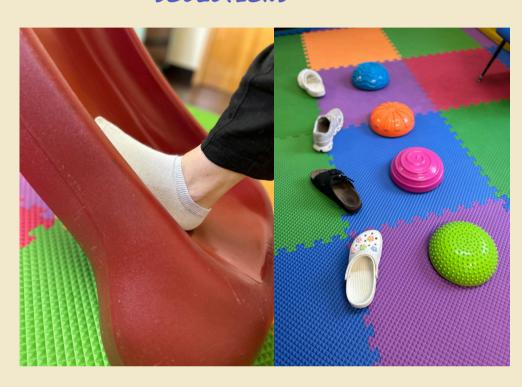






TYPICAL TOE-WALKING

SOULUTIONS



McHugh, J.J., Baxter, M.F., Chang, P.F. and Mitchell, K., 2021. Idiopathic toe walking and postural instability: The next step. Annals of International Occupational Therapy, 4(3), pp.e109-e116.

Chu, V., Girolami, G.L. and Grant-Beuttler, M., 2023. Assessing sensory processing differences in children with idiopathic toe walking: A pilot study. Physiotherapy Theory and Practice, 39(11), pp.2314-2326.

Fagan, P., Murphy-Simmons, D., Robertson, H., Simmons, D. (2022) Addressing toe walking in children and adolescents: An interdisciplinary approach. Available at: <u>URL</u> (Accessed: 12 June 2024).

Please follow the link to see further tips and tricks! https://youtu.be/3HjUBaEDPQY

