

## Patient information

# Tip Toe walking

Toe walking in toddlers is common and most will grow out of it by about the age of 3.

In most cases, toe walking is caused by a short (tight) Achilles Tendon. This can stop the child putting their heel to the floor when they walk.

Tip Toe walking is rarely treated in under 3's but the child will be watched to see if it corrects or not.

Toe walking is usually bi-lateral (both feet) and can be treated by one or a combination of the following:

- **Physio:** Stretching exercises
- **Casting:** This can last for up to six weeks to help with stretching the tendon and to try and break the habit.
- **Tendon Lengthening:** This is a small operation where the tendon is cut to help make it stretch (lengthen). The patient is then cast for six weeks in the new position.

If a child is put into cast they may be uncomfortable for the first few days and a little paracetamol can help with this.

When the child is in cast they can still walk and play although sport may need restricting and trips to the beach are not advised as if sand gets in the cast it may irritate the skin.

You may here the term Idiopathic this just means there is no known reason.