

TOE WALKING



SOME KIDS WALK ON THEIR TIP TOES. WE DON'T ALWAYS KNOW WHY - SOME KIDS LIKE THE EXTRA PRESSURE THEY FEEL THROUGH THE FRONT OF THEIR FEET. OTHERS DON'T LIKE THE FEELING OF THEIR HEELS TOUCHING THE GROUND.



IF THEY ARE ON THEIR TIP TOES MOST (>50%) OF THE TIME, IT'S A GOOD IDEA TO HAVE A PHYSIOTHERAPIST TAKE A LOOK.

WE WANT TO CHECK:

- THEIR MOVEMENT (GROSS MOTOR) SKILLS - TO CHECK THEIR STRENGTH, BALANCE AND SAFETY WHILE MOVING THROUGH THEIR DAILY ACTIVITIES
- THEIR ANKLE MOVEMENT (DORSIFLEXION) - TO MAKE SURE THEY CAN STILL BRING THEIR HEELS DOWN WHEN THEY NEED/WANT TO

ANKLE DORSIFLEXION



STAIR CLIMBING



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OCTOBER 2024

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HERE ARE SOME GENERAL STRATEGIES WE USE TO HELP TOE WALKERS STRENGTHEN THEIR LEG MUSCLES AND ENCOURAGE WALKING WITH HEELS DOWN.



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