

**Clinical Guideline:** Toe Walking Site: FPH

Usually idiopathic; family history of toe walking  
Although rare, need to rule out significant conditions such as spinal dysraphism, muscular dystrophy and cerebral palsy

History

General Information

Consider referral to paediatric physiotherapist for assessment and management

Advice and Treatment

Inability to dorsiflex foot beyond neutral, stand with heels down or walk on heels  
Signs of cerebral palsy with hypertonia, hyperreflexia or ataxia  
Calf hypertrophy, asymmetry, abnormal spine exam

Referral Guidelines – red flag signs

If suspicious: spinal X-ray; CPK (creatine phosphokinase)

Investigation

Gait assessment  
Inspect spine  
Functional tests: check if able to stand with heels down with trunk straight and able to walk on heels  
Calf length  
Calf size  
Neurological assessment

Examination