

**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