

While you are waiting to see the physiotherapist who will instruct you in techniques to lengthen your child's tight muscles, you can immediately begin activities to improve the condition.

TIPS AND ACTIVITIES TO DISCOURAGE TOE WALKING

1. Have your child wear his/her shoes, even inside the house, as this should make walking on their toes more difficult. Look for shoes that come up high around the ankles, rather than lower shoes, as these make walking on the toes more difficult.
2. Encourage your child to play in a squat position (with heels down) frequently throughout the day. This will encourage your child to play with his/her feet flat, and will provide a stretch to the calf muscles which may have become tight from the continual toe walking.
3. Encourage your child to play in a standing position facing a high counter or table, with a slight wedge positioned under the toes so the foot is in on an incline (you may use a loose-leaf binder, or book). This will stretch the calf muscles which may become tight as a result of toe walking.



4. Encourage your child to walk with a heel-toe pattern as much as possible. Use words such as "heels down" as a reminder.
5. Encourage your child to walk up inclined surfaces such as a hill, the slide at the park, or a ramp in your yard. This walking on an incline encourages a good heel-toe pattern.
6. Ask your child to stand on a step, grasp the stair railings and have only their toes and the balls of their feet supported on the stair.