



Helping children move, grow and thrive.

TOE WALKING

A gentle guide for families

01 ↑ What is toe walking?

Walking on the balls of the feet with heels lifted. It can happen while toddlers are learning to walk. If it continues, the child's overall movement and wellbeing help guide what to do next.

02 ● When to ask for advice

Consider an assessment if it continues past age 2, lasts more than 6 months after independent walking, or affects play, comfort or confidence.

03 ○ What we look at

Walking and running, whether one or both sides are involved, ankle movement, strength, balance and development. We also check whether heels can rest comfortably on the floor.

04 ↗ How physiotherapy may help

Support is individual. It may include play-based movement practice, balance, strength or mobility activities when they fit your child's needs. Sometimes a GP or specialist review is recommended.

05 ✚ Helpful to notice

When it began • how often it happens • one side or both • whether heels can come down • pain, falls or changes in walking. A short home video can help show the pattern.

A calm, child-led approach

Avoid forcing a heel-to-toe pattern or starting stretches without guidance. Keep movement playful and comfortable while you seek advice.

PLEASE ARRANGE A MEDICAL REVIEW

If toe walking is mainly on one side, begins after your child had been walking with heels down, or comes with pain, weakness, frequent falls, a limp or difficulty getting heels down, contact your GP or paediatric physiotherapist. Sudden difficulty walking or bearing weight needs urgent medical care.

Every child's walking pattern is different. An assessment helps you understand what support, if any, is right for your child.