



Toe Walking

What is it?

- Kids who always walk on their toes after 2 years of age.

Why should I be concerned if my child toe walks?

- Children will tire easily from walking normal distances and they may complain of pain.
- Balance is impaired, resulting in frequent falls and a higher risk of injuries.

Help! My child toe walks, what can I do to help?

- Schedule an appointment with your child's pediatrician.
- Request a referral to a licensed physical therapist for further evaluation and treatment recommendations.

Toe Walking Statistics

Nearly 24% of children older than 2 years old are diagnosed as a toe walker

As many as 50% of 5 year old children with Autism toe walk

Without intervention, toe walking resolves in 12-25% of cases

Physical Therapy can help your little one with their toe walking!

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