

Let's Talk About...

Idiopathic Toe Walking (ITW)

Idiopathic Toe Walking is when children walk on their toes and we can't find a reason.

How does the doctor know if my child has ITW?

The doctor will look for the reason your child is toe walking. If the doctor doesn't find a reason, it can be ITW.

Your child may have these things:

- A child older than 18 months who continues to walk on their toes. Your child may be able to walk with their feet flat for short period of time, if you ask them to.
- Your child may have tightness of their calf muscles in the back of the leg.
- Your child trips and falls more often than children the same age.
- Your child is not as coordinated as other children their age (for example when your child tries to jump, hop, or stand on one leg).

What can be done for ITW?

Your child's health practitioner may suggest physical therapy for your child.

What will happen during physical therapy?

Physical therapy may include:

- Stretching and strengthening exercises.
- Balance and coordination exercises.
- Night splints (braces worn at night) to help improve ankle motion.

- Braces worn during the day to help break the habit of toe walking.
- If a child has a lot of muscle tightness, serial casting may help. Serial casting is when your child has a cast to hold and stretch muscles. The cast is changed every so often to stretch the muscles more and more.
- Exercises that you can do at home with your child

Who do I call if I have questions?

If you have questions, call your child's primary care practitioner.

You can also call for an appointment at one of Intermountain Pediatric Outpatient Rehabilitation sites.

When should I seek help for my child's ITW?

As soon as you notice the problem, check with your child's primary care practitioner. Therapy can correct or greatly improve your child's walking.

- **Intermountain Pediatric Rehab at Cassia Regional Hospital**
1501 Hiland Ave. Suite 3
Burley, Idaho
208-677-6530
- **Intermountain Pediatric Rehab at Logan Regional Hospital**
1400 N. 500 E
Logan, Utah
435-716-6440
- **Intermountain Pediatric Rehabilitation at Dixie Regional Medical Center**
652 South Medical Drive
Lower level
435-251-2250

- **Primary Children's Rehab Orem**
527 W. 400 N.
Orem, Utah
833-577-3422
- **Primary Children's Rehab Bountiful**
280 North Main Street 2nd Floor
833-577-3422
- **Primary Children's Rehab Layton**
201 West Layton Pkwy.
Layton, Utah
833-577-3422
- **Primary Children's Rehab Riverton**
3741 W. 12600 S. Suite 100
Riverton, Utah
833-577-3422
- **Primary Children's Rehab Taylorsville**
3845 West 4700 South, 2nd floor
833-577-3422

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。