

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 Logan Regional Hospital**
550 East 1400 North, Ste.W
West Logan, Utah
435.716.6440
- **Intermountain Pediatric Rehabilitation at Dixie Regional Medical Center**
652 South Medical Drive in the Health and Performance Center
435.251.2250
- **Intermountain Pediatric Rehabilitation at Orem Community Hospital**
801.714.3505
- **Primary Children's Rehab Bountiful**
280 North Main Street 2nd Floor
801.292.8665

- **Primary Children’s Rehab Ogden**

3903 Harrison 4th Floor
801.387.2080

- **Primary Children’s Rehab Sandy**

870 East 9400 South, Ste. 112
801.571.3081

- **Primary Children’s Rehab Taylorsville**

3845 West 4700 South, 2nd floor
801.840.4360