

LITTLE FEET, BIG STEPS: FIXING TOE-WALKING TOGETHER

PHYSIOTHERAPY DEPARTMENT

Maryam Nawaz School and Resource centre for Autism, Lahore

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TODAY'S GOALS

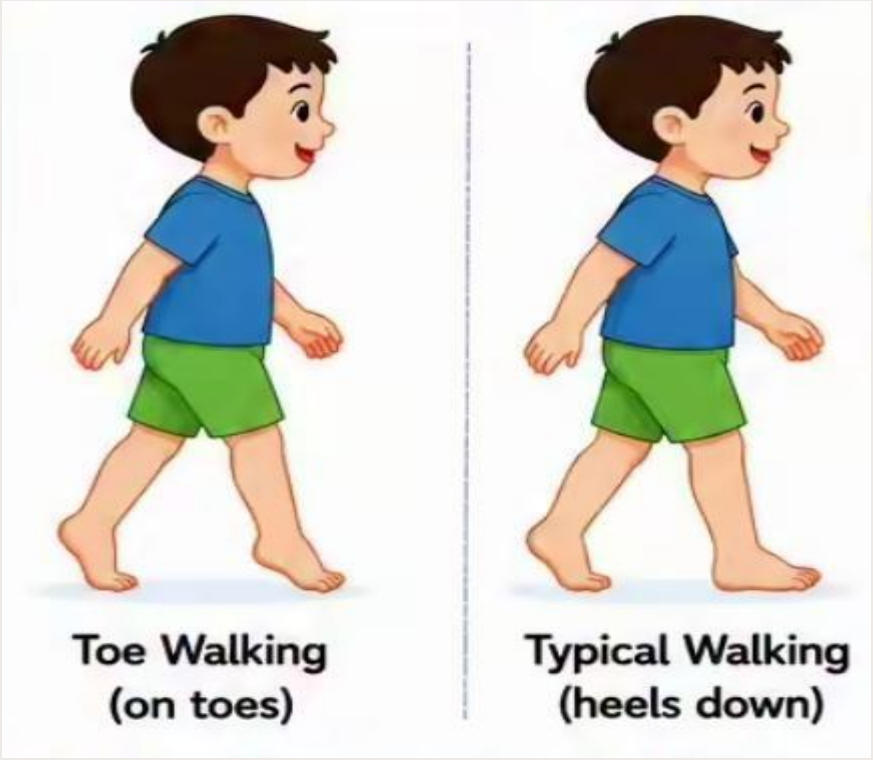
By the End of This Session, Parents Will:

- Understand why toe walking occurs
- Learn potential effects of persistent toe walking
- Identify signs requiring attention
- Learn evidence-based correction strategies
- Understand how physiotherapy can help
- Gain practical home activities



WHAT IS TOE WALKING?

- Walking on the balls of the feet
- Limited or absent heel contact
- Occasional or frequent tiptoe walking

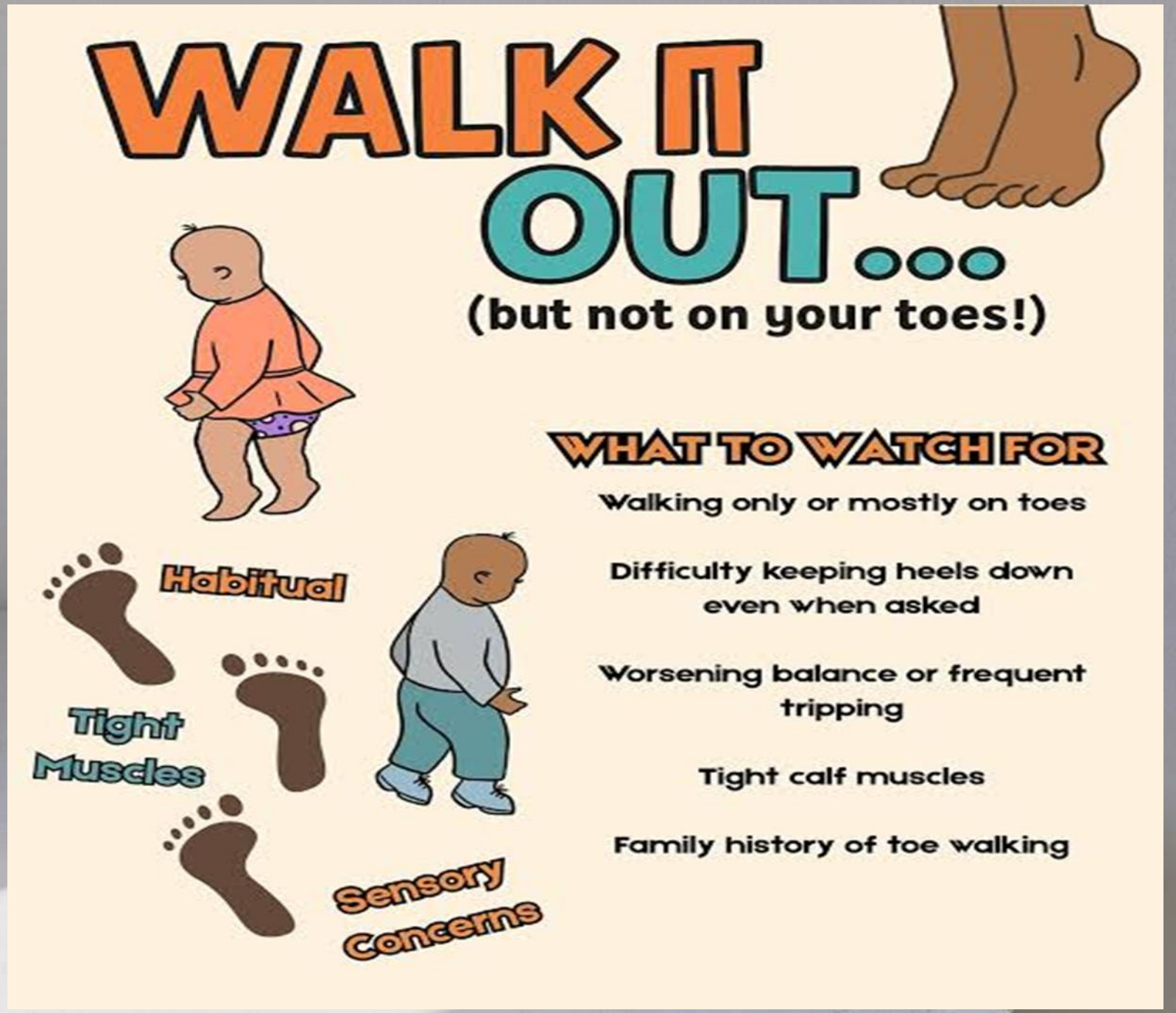


Important Note

Toe walking is common in toddlers

but persistent toe walking may need intervention.

WHAT PARENTS MAY NOTICE



WHY IS IT IMPORTANT?



WHAT IS THE GOAL OF TREATMENT?

We Are Not Just Trying to Stop Toe Walking

Sensory Integration Activities



Helps regulate sensory needs that contribute to toe walking.

Balance & Proprioceptive Training



Improves body awareness, balance and coordination.

Stretching Exercises



Helps lengthen tight muscles, especially calf muscles.

Gait Training



Encourages heel contact and improves walking pattern.

Strengthening Core & Lower Limbs



Builds strength for better stability and movement.

Playful Activities



Makes therapy fun and motivates the child to walk with heels down!

CORRECTION STRATEGIES

INCREASE HEEL AWARENESS

- Elephant stomps
- Marching games
- Heel strike races

Goal

Help the child notice heel contact with the ground.



DAILY STRETCHING

Calf Stretch

Hands against wall

One foot behind

Heel stays on floor

Hold 20–30 seconds

Repeat

3–5 times each side



STRENGTHEN CORE AND LEG MUSCLES

Squats

Animal walks

Step-Ups

Toe-Pickups

Climbing and Playing



BALANCE TRAINING

Activities:

Balance Beam Walk

Stepping stones

Single-leg standing

Obstacle courses











SENSORY REGULATION ACTIVITIES

Helpful Activities

- Walk on different textures barefoot
- Trampoline jumping
- Pushing heavy objects
- Pulling resistance bands
- Carrying books or toys

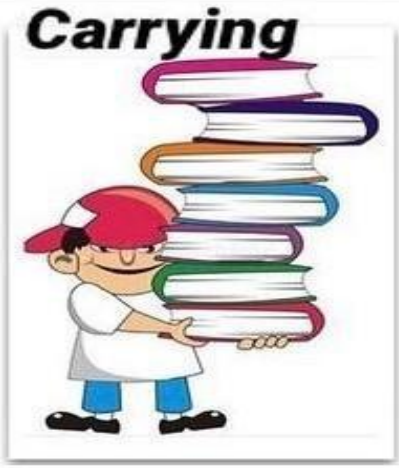
Purpose

Provides sensory input that may reduce toe walking.













USE VISUAL SUPPORTS

- Footprint stickers
- Walking paths
- Floor markers
- Visual reminders







APPROPRIATE FOOTWEAR

Look For

✓ Firm heel support

✓ Stable sole

✓ Comfortable fit

✓ Proper size

Benefits

Supports better foot positioning during walking.







PARENTS ARE THE KEY PARTNERS

Avoid

✗ Constantly saying "heels down"

✗ Punishment

✗ Excessive force during stretching

Remember

Progress happen when:

✓ Activities are fun

✓ Practice is consistent

✓ Success is celebrated

✓ Expectations are realistic

TEAM WORK

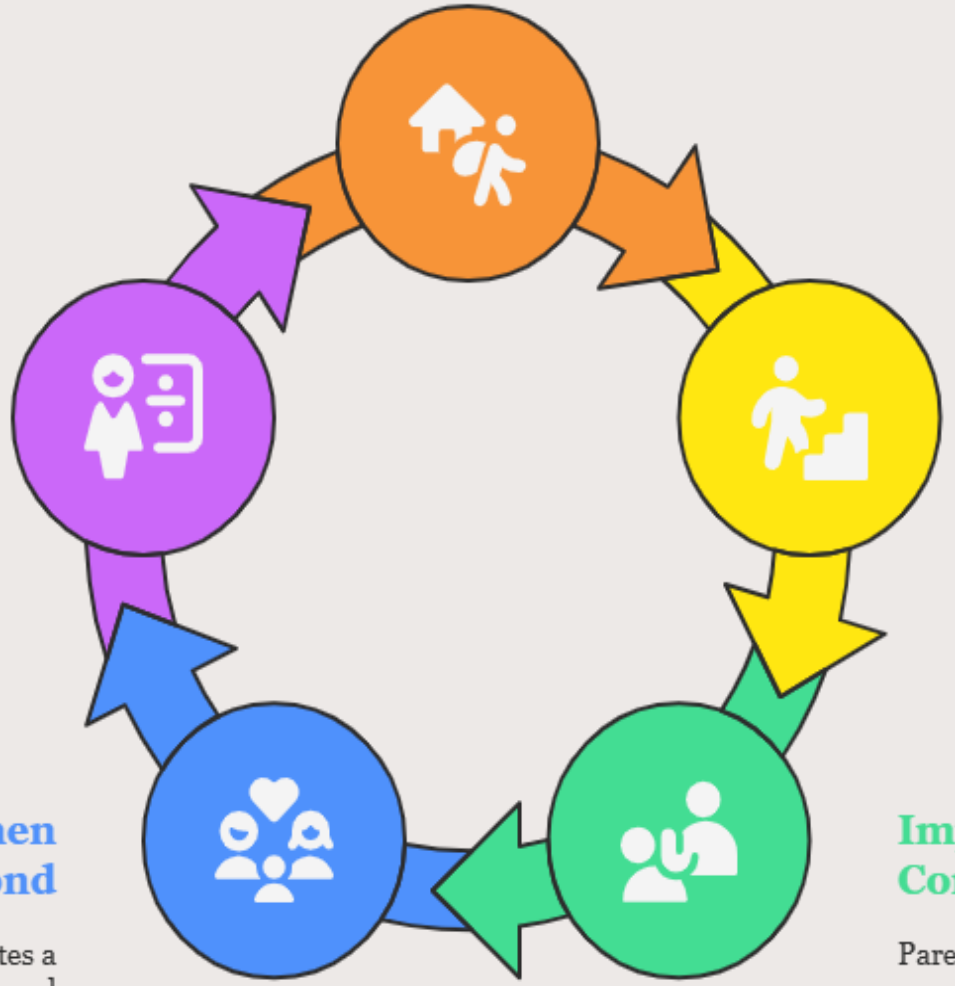
Success Happens When:

- Parents Practice daily
- Teachers Provide reminders
- Therapists Guide interventions
- Child Participates through play

Benefits of Active Parent Engagement With Autism Child

Reinforce Skills

Skills learned in therapy are reinforced at home.



Faster Skill Development

Children progress more quickly with parental involvement.

Improve Communication

Parents learn better ways to communicate with their child.

Strengthen Emotional Bond

Engagement promotes a stronger emotional connection.

Better Therapy Outcomes

Therapists can tailor treatment plans more effectively.

KEY TAKE-HOME MESSAGES

- Toe walking is common in autism.
- Early intervention is beneficial.
- Home practice matters.
- Consistency is more important than intensity.
- Small improvements lead to big changes.

Thank You

For Your Attention!

Any Questions

