TOE WALKING

“Toe walker” identified by GP and referred to Paediatric Medical for further evaluation

Abnormal neurological or developmental exam or age >3

No

Yes

Options for further evaluation:
- MRI brain and spinal cord
- Developmental evaluation
- CPK for all boys

Likely developmental variant - Observation by GP recommended with re-referral to pediatrics if not resolved by age 3

No neurologic or neuromuscular pathology:
Idiopathic toe walker

Diagnosis: Cerebral palsy

Refer to Neurosurgery

Diagnosis: Muscular dystrophy

Refer to Neuromuscular Clinic

Diagnosis: Tethered cord, syrinx or other neurosurgical diagnosis

Refer to Neuromuscular Clinic

Age >4 or fixed plantarflexion contracture present AND unable to walk flat footed (i.e. obligatory toe walker)

No

Observation by Paediatrician, GP, or physiotherapist with referral to orthopaedics if not resolved by age 4-5

Yes

Options for further evaluation and treatment:
- Serial casting
- Physiotherapy
- Gait analysis
- Heel cord lengthening

Refer to Paediatric Orthopaedics

Author: Vinay Narotam
Editor: Alison Leversha
Service: Starship Orthopaedics
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