

EXERCISES FOR CHILDREN WHO WALK ON TIP TOES

General advice to encourage heel toe walking

1. Wear firm boots or wellingtons- not unsupportive shoes such as flip flops.
2. Use verbal prompting such as “heels down” or “flat feet”.
3. Positive encouragement and praise when children are walking with a heel-toe pattern.
4. Avoid telling children off as this can increase anxiety which will heighten their toe walking.
5. Ensure children are active.
6. Stomping, jumping, hopping and play equipment, such as mini stilts or space hoppers, are good activities to encourage ‘heels down’.
7. Toe walking tends to be more prominent when barefoot, so wearing slippers indoors can help to reduce this. *Stompeez* slippers are a fun way of achieving this.
8. Walking on the beach or uneven surfaces, following cracks in the pavement or walking on walls will help to develop balance and body awareness.

Games to encourage heel toe walking

- Penguin heel walking
- Marching like a soldier
- Tightrope walking (following a line on the floor)
- Moon walking
- Jumping- crouch down low, jump up and land on your heels
- Giant stomping steps
- Backwards walking- touch your toes and heels
- Stomp on a pillow
- Walking with a beanbag on your head
- Stand on one leg- close your eyes or throw and catch to make it harder
- Obstacle course using the above ideas!
- Toe tapping
- Downward dog (yoga pose)



Penguin Walking



Standing on one leg on a cushion



Stomping

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