**ACTIVITY IDEAS**

Ideas are listed below but choosing the appropriate activities will depend on why the child walks on their toes. The degree of conservative treatment success will depend on the cause and severity of toe walking.

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| **PASSIVE RANGE OF MOTION** [10-20 times if able] |
| Attempting to do passive range of motion with a child that is not distracted can be difficult to do. Try using music, videos, puzzles, blocks, bubbles, balloons, etc.* Ankle dorsiflexion and plantarflexion (move foot up and down)
* Knee flex and extend
* Straight leg raise
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| **STRETCHES** [hold for 30 seconds if able] |
| Attempting to do stretches with a child that is not distracted can be difficult to do. Try using music, videos, puzzles, blocks, bubbles, balloons, etc.* Calf stretch
	+ With knee flexed while laying on back (easier)
	+ With knee straight while laying on back (more difficult)
	+ Calf stretch while standing on a wedge
* Hamstring stretch
	+ Straight leg raise while laying on back
	+ Long sit on the floor with back against the wall with knees straight and toes pointed up.
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| **STRENGTHENING** [work up to 20 repetitions] |
| * Ankle pumps (move foot up and down)
	+ Knee flexed (easier)
	+ Knee straight (more difficult)
* Bridges
	+ While laying on back with knees up lift bottom off the floor
* Gently try to straighten knee while wearing ankle splint / brace / cast
* Squats
	+ Place puzzle pieces on the floor and have child squat to pick one piece up at a time to do a puzzle. Have child keep their feet flat on the floor.
* Sit-to-stand
	+ Stand up from sitting on a chair without using hands while keeping feet flat on the floor
* Marching
	+ Lift knees up high and then land with a flat foot
* Inclines
	+ Walk up a hill or a ramp
	+ Climb up a playground slide
 |
| **CORE STRENGTHENING** [work up to 20 repetitions] |
| * Sit on an exercise ball
	+ - Move hips side-to-side
		- Move hips forward-to-backward
		- Bounce up and down
* Push-ups or wheelbarrow walk
* Sit-ups or crunches (progress to without using arms)
* Half-kneel to stand (progress to without using arms)
* Walk sideways left and right
 |
| **BALANCE** |
| * Stand barefoot on a dynamic surface such as a pillow
* Walk barefoot on a dynamic surface such as a bed
* Walk on uneven surfaces such as on playground pebbles or sand
 |
| **ANIMAL WALKS** |
| * Bear walk on hands and feet - try to keep the feet flat
* Crab walk
* Frog jump - jump and land with feet flat with feet together
* Penguin walk - walk on heels with toes up. Keep toes off the ground at all times
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| **SENSORY INTEGRATION** |
| The student may not like their feet in contact with certain surfaces such as tile, sand, grass, carpet.* Encourage barefoot exploration of different surfaces (sand at beach, grass outside, rubber mat at gym, hardwood floors)
	+ Expose or gently rub bare feet to a variety of textures: light touch (feather), hard, soft, smooth, rough, prickly (brush), etc.
* Footwear:
	+ Use heavier shoes/high tops with an ankle cup to control foot alignment
	+ [Ankle boots](http://amzn.to/2mVJ11a), [rain boots](http://amzn.to/2nhVdwK), and [roller skates](http://amzn.to/2mVIRqA) encourage downward input
	+ Use a tactile material insert in shoe
* Squeaky heels
	+ Squeaky shoes by ikiki - There is an adjustable squeaker in the heel of the shoe to help motivate the child to walk more on their heels
	+ Gait spots - Attaches to a shoe. Squeaker makes a noise as the child walks on their heels. (see “Gait Spot Heel Squeaker” button on the previous page)
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