

Idiopathic Toe-Walking from Birth to 10 Years

Idiopathic toe-walking affects **5%** of children but its underlying medical cause is unknown.



A follow-up study documented habitual toe-walking among healthy Swedish children (aged 5.5 to 10 years) using



Orthopaedic Examinations



Parent Questionnaires



Parent Interviews

In a cohort of **1,401** healthy children



63 were idiopathic toe-walkers

Age (Years)	≤5.5	8	10
Cases resolved without treatment	58%	68%	79%

By 10 years of age...

79%



Ceased toe-walking spontaneously

13%



Continued toe-walking

8%



Underwent corrective ankle surgery



For the majority of children, idiopathic toe-walking is a transient condition that resolves without treatment.

Idiopathic Toe-Walking: Prevalence and Natural History from Birth to 10 Years of Age

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