

Toe Walking: Home Exercise Chart

Short, daily, playful practice works best. Stretches should feel like a gentle pull, never pain. Follow your child's physiotherapist or doctor's plan if you have one.

Exercise	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wall calf stretch Heel down, back knee straight, hold 20–30 sec × 3 each leg							
Towel stretch (sitting) Legs straight, gently pull toes towards you, hold 20–30 sec × 3							
Penguin walk Walk on heels, toes up, across the room × 3							
Squat and pick up toys Heels down, 10 toys into a box							
Sit to stand From a low stool, feet flat, × 10							
Dinosaur stomps Flat-foot stomping for 1 minute							
Walk uphill or up a ramp Heels down, a few minutes outdoors							

Sensory ideas for feet

- Barefoot play on grass, sand and textured mats
- A sensory path of carpet squares, foam and rubber mats
- Firm foot massage with lotion

See a doctor if

- Your child is over 2–3 and still toe walks most of the time
- It started after walking normally, or is on one side only
- The calves seem tight, or there are falls or other developmental concerns

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