

The prevalence and natural history of Idiopathic Toe Walking

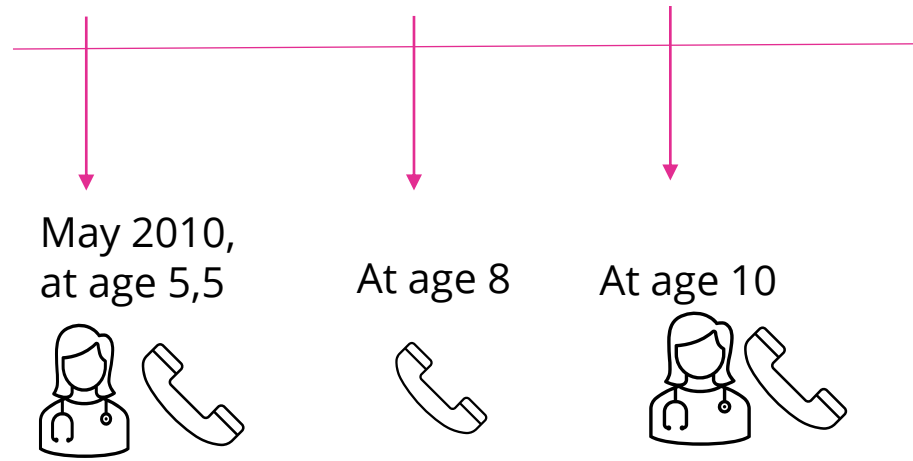
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P. Engstrom and K. Tedroff

Idiopathic toe walking is one of the commonest paediatric conditions with an estimated prevalence of 5%. Such children present to health care professionals mainly due to parental concern. What is the natural history of this condition?

Study design:

A cohort study documenting habitual toe walking among healthy Swedish children (aged 5.5 to 10 years), since 2010



All cases were recruited during a standard visit in 1 of 22 local child welfare centers, which in Swedish Health care, is offered to all 5.5 year children in which attendance reported to be nearly 100%

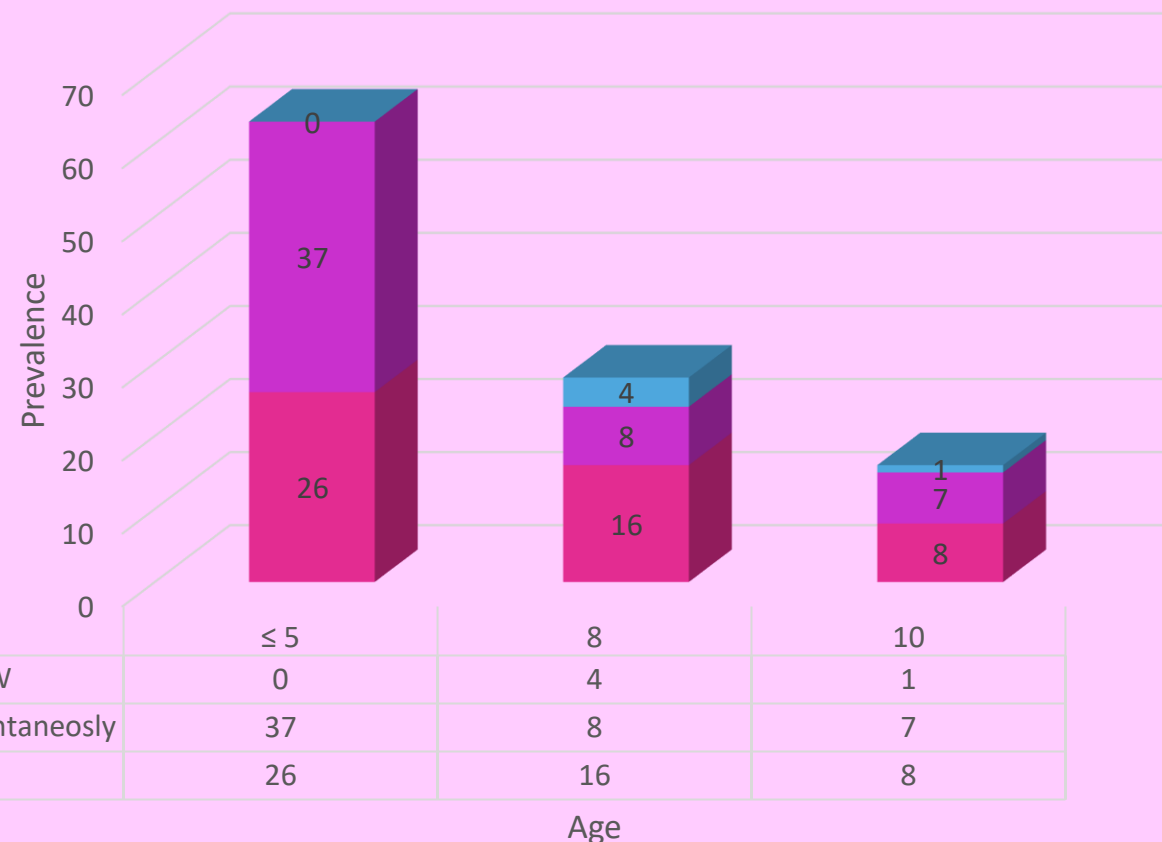
Cases confirmed using?



Telephonic interviews (to parents) in which standardized questionnaires were used and by orthopaedic examination.

Results:

Prevalence of Idiopathic Toe walking between ages 5.5 to 10



Legend: Untreated ITW (Red), Ceased ITW spontaneously (Purple), Operated for ITW (Blue)

In cohort of 1401 healthy children,

63

were idiopathic toe walkers

By 10 years of age:

79% ceased toe-walking spontaneously

VS

13% continued toe walking

VS

8% underwent ankle surgery

Which, 4 children developed some neurodevelopmental comorbidity.

Conclusion:

Majority of children with idiopathic toe walking develop normal gait without any intervention or complications by the age of 10, however early childhood management is required in children diagnosed with a short Achilles tendon as a secondary cause. Neurodevelopmental co-morbidities are common among children with idiopathic toe walking.