



TIP-TOE WALKING PATTERN

Dear Parent/Guardian,

Thank you for allowing your child to participate in a lower-extremity movement screening conducted by Happy Feet 4 All, a community-based preventative foot health program.

During today's screening, your child demonstrated a tip-toe (toe-walking) walking pattern, meaning they tended to walk with limited or reduced heel contact. This observation is not a medical diagnosis, but an educational screening finding.

WHAT IS TIP-TOE WALKING?

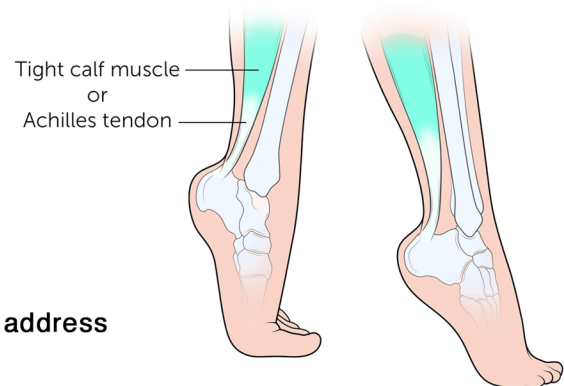
Tip-toe walking is a walking pattern in which a child walks primarily on the balls of their feet rather than making full heel contact with the ground. In younger children, this pattern may be developmental and can resolve on its own. In some cases, however, persistent toe walking may influence foot and leg mechanics as a child grows.

WHY THIS MATTERS

In some children, ongoing tip-toe walking may be associated with:

- Tightness in the calf muscles or Achilles tendon
- Reduced ankle flexibility
- Fatigue or discomfort in the feet or legs
- Balance or coordination challenges during activity

Early identification allows families to monitor development and address potential concerns before pain or activity limitations develop.



RECOMMENDED NEXT STEPS

We will make a recommendation/referral to local Board Certified Pediatric Podiatry and Physical Therapy groups based on geographical location and preference.

We suggest:

- Observing your child's walking and activity tolerance
- Monitoring for any discomfort, pain, or frequent falls
- Seeking a clinical evaluation by a pediatric podiatrist, orthopedist, or physical therapist if your child has symptoms or difficulties keeping up with peers

If your child already has a healthcare provider, this letter may be shared for reference.

Important Disclaimer

This screening is preventative and educational only and does not replace a medical diagnosis or treatment plan. Only a licensed healthcare provider can diagnose or treat medical conditions. If you have any questions or would like assistance finding a pediatric foot or movement specialist, please contact us. Assessments, evaluations, and program participation with medical providers are covered by health insurance based on eligibility. Thank you for partnering with us to support your child's foot health and physical development.

Happy Feet 4 All – Preventative Care Program