Idiopathic Toe Walking Treatment Outcome

Proforma (ITW-TOP)

**Parent reported measures – (Parent / carer to fill in the following questions as appropriate)**

1. Estimate how much time has your child spent toe walking in the last…

Day or week? (Please circle day or week and mark an X on the line)

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

1. How satisfied are you with this amount of toe walking? (Please mark and X on the line)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

0 1 2 3 4 5 6 7 8 9 10

Totally dissatisfied Neither satisfied nor dissatisfied Totally satisfied

1. How well you have been able to follow the treatment since last visit? (Please mark on the line and if more than one treatment, please mark an X and write which treatment and repeat for all treatments)

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Unable to follow at all Able to follow ½ the time Able to follow all the time

1. Pain **today** (Mark a **T** on appropriate scale): Child response

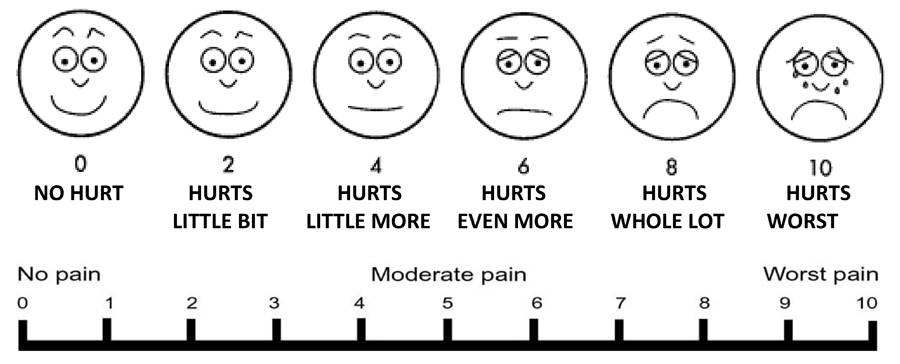
Ask the child ‘What is the worst pain you get in your legs today?’

Pain on **activity** (Mark an **A** on appropriate scale): Child response

Ask the child ‘What is the worst pain you get when moving about in the last week?’

*Clinician to note:*

Pick either Face or VAS depending on child’s age / ability.



***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Assessments***

***Ankle range of motion***

**A picture containing text, person, floor, female

Description automatically generated**Measure range of motion either with weight bearing lunge (using digital inclinometer or measurement app) or non-weightbearing if clinically appropriate:

Reprinted from Journal of Science and Medicine in Sport, Vol 16, Iss 5, Williams C.M, *et al*, The TiltMeter app is a novel and accurate measurement tool for the weight bearing lunge test, Pages 392-395., Copyright (2013), with permission from Elsevier.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Circle method: | **Left** | **Right** | Circle method: | **Left** | **Right** |
| WBL/NWB - knee straight |  |  | WBL/NWB knee bent |  |  |

***Gait scale (****Clinician may demonstrate as appropriate)*

*Ask the child ‘Can you try to walk on your heels for 10 steps with your feet in a typical distance apart and trying not to change your body position?’*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| C:\Users\c6604\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MQAQEZW3\Walk on met heads 2 (Medium).JPG | | **A close-up of a person's legs  Description automatically generated with medium confidence** | | C:\Users\c6604\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\E0WHU3SE\Walk with heel just striking the ground (Medium).JPG | C:\Users\c6604\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UP8CZ2G0\Walk great toe extended midfoot on ground 2 (Medium).JPG | C:\Users\c6604\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\C46QYQA5\Walk on heels no ER 3 (Medium).JPG |
| 0 – Unable to get heels or midfoot to the ground | 1 - Unable to get heels to ground. Midfoot strike present. | | 2. Able to get heels to ground. Unable to walk 10 steps with great toe dorsiflexed | | 3. Able to get heels to ground and walk 10 steps with great toe dorsiflexed. However, plantar surface of forefoot remains on ground. | 4. Able to get heels to ground and walk 10 steps with the plantar surface of the forefoot off the ground. |

***Gait velocity (as appropriate)***

**6 MWT:**

**Time: 2 min (min/sec):\_\_\_\_\_\_ Time: 4 min (min/sec):\_\_\_\_\_ Time: 6 min (min/sec):\_\_\_\_\_**

**Total time(min/sec):\_\_\_\_\_\_\_\_**