

JOINT EVENT

29th International Conference on **Pediatric Nursing & Healthcare**
&
31st World Congress on **Advanced Nursing Practice**

August 16-17, 2018 | Madrid, Spain



David Pomarino

Praxis Pomarino, Germany

The differential diagnostic of idiopathic toe walking

Idiopathic toe walking (ITW) is the persistence of the tip-toe walking pattern after two years of age. The diagnosis is made by ruling out any neurological or orthopedic condition which causes this walking anomaly. There are other medical conditions in which the weight bearing occurs on the forefoot which can lead to misdiagnosis and misguided treatment. The main goal of this publication is to provide a concise review of idiopathic toe walking and its classification according to clinical characteristics found among children with a tip-toe walking pattern. In addition, we will point out some physical characteristics that may help to differentiate toe walking from other medical conditions in which the gait pattern occurs on the forefoot as well. Typical conditions which are commonly known to cause a pathological forefoot gait, like autism and tethered cord, are intentionally excluded from this article. This review highlights the importance of the observation of the foot features, gastrocnemius shape and gait analysis during the clinical examination to distinguish idiopathic toe walking from other conditions.

Biography

David Pomarino is a Physiotherapist and Specialist for idiopathic toe walk (ITW) with more than 15 years of experience, during which he examined more than 10,000 children. He is also a Bio-Mechanic and Scientist, specialist for Bobath therapy and Sensory Integration therapy (SI) and has diplomas in Biomechanics and Spiral Dynamics. He authored more than 70 publications in more than 4 languages about the classification and therapy of toe walk, as well as 10 more papers about gait anomalies. Additionally, he authored 2 books about idiopathic toe walk; including the world's first-ever book about ITW. He also became known as the inventor of the pyramid insole for which he holds the patent. For his dedication and his research work he was awarded an honorary doctorate by the Colegio medico de La Paz.

info@ptz-pomarino.de

Notes: