

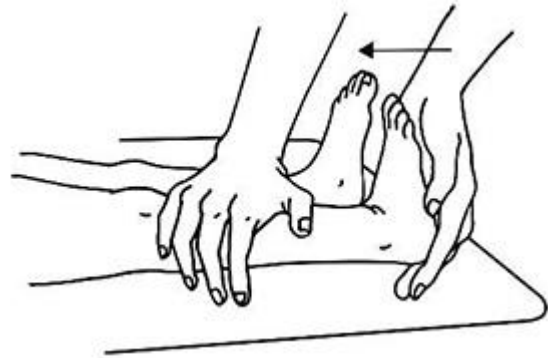


## How to check your child's calf muscle length

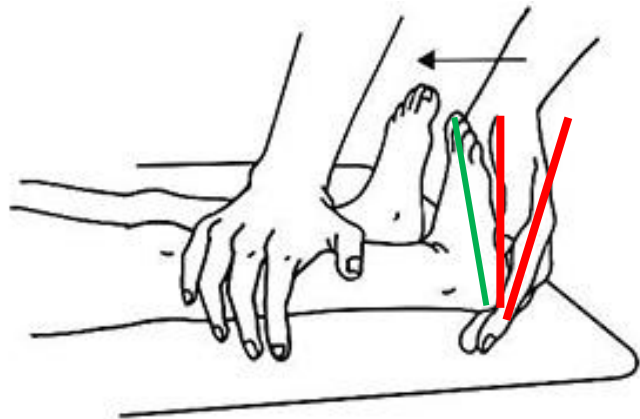
There is also a video demonstrating how to check your child's calf muscle length available on the Whittington Health NHS Trust website:

<https://www.whittington.nhs.uk/default.asp?c=36140>

- Position your child in a relaxed position either lying down or sitting on a bed or their floor
- The knee must be straight – put one hand on the shin to keep it straight
- Place your other hand around the child's heel with your palm along the length of the foot and gently push the foot upwards
- Ensure that the ankle does not roll in or out



- Check how far the foot will move
- The foot should move past 90 degrees into the **green zone**
- If the foot stays at 90 degrees or less and remains in the **red zone** you need to go to your GP for a physiotherapy referral
- Ask the GP to re-check the range of movement for you



If your child is toe walking but has calf length range in the green zone they do not need to be seen by a physiotherapist unless they are experiencing pain or having difficulty walking. If they are in the green zone, please see our Whittington Health NHS Trust website for exercises.



### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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