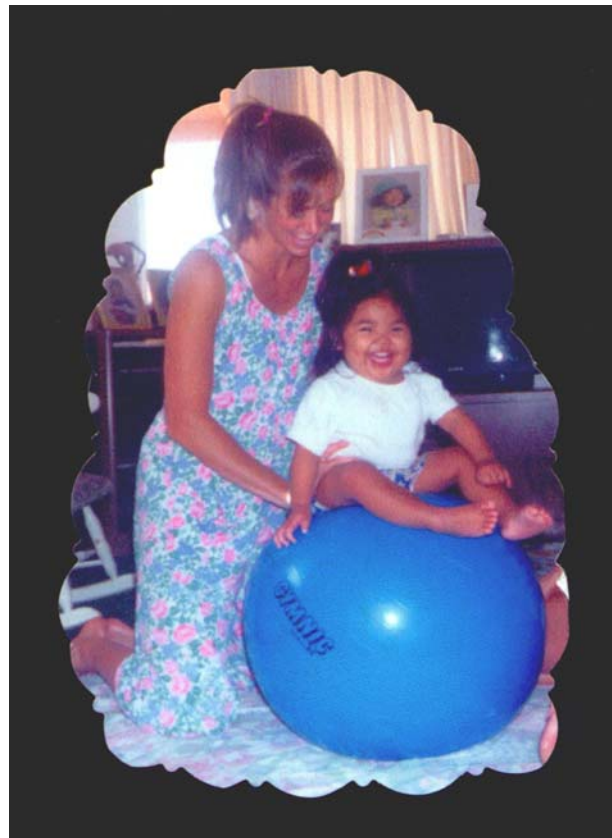


PHYSICAL THERAPY (PT) SERVICES

The goal of physical therapy for young children is to promote optimal gross motor development by encouraging function & independence in movement & play. Physical Therapists (PTs) will evaluate a child's musculo-skeletal system & functional mobility by assessing joint motion, muscle tone & strength, coordination, balance & reflexes, movement skills, and possible orthopedic problems in the muscles or joints. The PT consults with the family & other therapists about the child's strengths, weaknesses, & other therapeutic goals, and uses all of this information to address motor skills. PT services are delivered either one-on-one or in groups.

A few examples of possible services are:

- 'Y' Performing range-of-motion exercises, relaxation or facilitation handling techniques, and/or physically guiding children to move in appropriate patterns (e.g. crawling, walking).
- 'Y' Assisting the child & family in acquiring orthopedic intervention (e.g. braces, casting) when there are orthopedic concerns.
- 'Y' Educating families about their child's motor delays and how to address their child's needs at home; modeling for the caregiver what to do with the child, and then having the caregiver practice doing it with the child.
- 'Y' Using activities such as bouncing on a ball to improve balance.



"An important point for a physical therapist to remember is that therapy must fit into the context of a child's life and that without parent support, therapy will not be effective."