



WHEN DOES MY CHILD NEED PT?

Pediatric Physical Therapists evaluate and provide treatment for delays in gross motor skills by developing the strength and range of motion that children need to move through their environment easily and effectively. Physical therapists can help children more effectively run, jump and play. PTs can also address a variety of other movement concerns including coordination deficits, strength deficits, posture and gait impairments, balance deficits, and decreased core strength.

How do I know if a child needs PT?:

- If your child frequently falls, trips or slips and seems to be off balance
- If your child has difficulty keeping up with his/her peers on the playground or at school
- If your child has difficulty with coordinating his/her movements including tasks such as jumping jacks
- Developmental delay: When a child is not reaching certain “motor milestones” at the expected age. Children typically develop their gross motor skills in a predictable sequence and within a predictable time frame. The basic motor milestones are depicted in the chart below with expected ages. If your child is not performing these motor milestones as expected, a physical therapist may be able to help.

Skill	Age
Walk down stairs with 1 hand/1 handrail	20-23 months
Jump over level surfaces with simultaneous 2-foot take-off and landing	20-23 months
Up/down stairs non-reciprocally (2 feet per step) – without hand held/hand rail	24-27 months
Jump from 6” step with feet together (simultaneous 2-foot take-off and landing)	24-27 months
Pedal trike/bike with training wheels	32-35 months
Walk up stairs, alternating feet (1 foot per step) with 1 hand/handrail	32-35 months
Balance on one foot unsupported x 2-3 sec	32-35 months
Walk up stairs alternating feet, no rail/hand held (1 foot per step)	3- 3 ½ years
Walk down stairs alternating feet, 1 hand rail/hand held (1 foot per step)	3 ½ - 4 years
Jump from 12” step with feet together (simultaneous 2-foot take-off and landing)	3 ½ - 4 years
Single leg hop 3x consecutively	3 ½ - 4 years
Single leg balance x 6 seconds	4 – 4 ½ years
Walk length of balance beam without hands held in < 10 sec with no more than 2 step-offs	4 – 4 ½ years
Walk down stairs without hand held/hand rail, alternating feet (1 foot per step)	4 – 4 ½ years
Jump forward 8 – 10” with simultaneous 2-foot take-off and landing	4 – 4 ½ years
Jump over 2” hurdle with simultaneous 2-foot take-off and landing	4 – 4 ½ years
Somersault – without falling sideways	4 – 4 ½ years
Swing self on swing	4 ½ - 5 years
Walk on balance beam – all directions (forward, sideways, and backwards) – without falling off	5 – 5 ½ years
Single leg hop forward x 45 ft in 10 sec	5 – 5 ½ years
Skip	5 – 5 ½ years