

When should a parent pursue Physical Therapy?

Parents should consider seeking an evaluation with a Physical Therapist if their child demonstrates any of the following:

Birth to 2 months:

- Does not lift head in prone position (lying on their stomach)
- Does not turn head to one side in prone position
- Does not turn head to both sides in supine position (lying on back)

3 months:

- Does not hold head up 90degrees in prone position (lying on stomach)
- Does not extend both legs or kick reciprocally
- Does not roll to back when placed on their side

4 months:

- Does not place weight on forearms in prone position (lying on stomach)
- Does not rotate or extend head
- Cannot bring both hands together

5 months:

- Does not roll over one way
- Does not hold head up when pulled to sitting
- Is unable to hold head steady in supported sitting position
- Does not bear weight on legs

6 months:

- Is unable to keep head level with body when pulled to a sitting position
- Does not demonstrate balance reactions
- Cannot bear weight on hands in prone position (lying on stomach)
- Does not move head actively in supported sitting position

7 months:

- Does not roll over either way
- Does not bear weight on legs
- Cannot lift head or assist when pulled to sitting position
- Demonstrates little balance reactions or protective extension of arms

8 months:

- Does not roll over both ways
- Cannot sit with little or no support
- Does not hold weight on one hand while in the prone position (lying on stomach)
- Cannot bear weight on legs and bounce

10 months:

- Cannot get to sitting position without assistance
- Does not assume crawling position (hand-knee position)
- Does not show interest/motivation to crawl
- Cannot sit on own without hand support

12 months:

- Does not pull to stand using furniture
- Cannot switch positions from sitting to prone
- Does not crawl on hand and knees
- Cannot pivot while in sit position to retrieve toy
- Cannot stand holding on to someone or something

15 months:

- Does not walk with one hand held
- Cannot stand alone well
- Does not demonstrate balance reaction while in kneeling position
- Does not walk alone one to two steps
- Does not demonstrate motor planning by climbing on furniture

18 months:

- Does not attempt to crawl upstairs
- Does not walk without support
- Cannot throw ball
- Does not bend down to retrieve objects
- Does not demonstrate balance reaction in standing

24 months:

- Does not run
- Cannot walk upstairs with one hand held
- Cannot carry large toy while walking
- Does not squat in play
- Cannot retrieve toy off of floor from standing position
- Does not climb onto furniture, turn and sit

30 months:

- Does not jump in place with both feet
- Does not stand from sitting by rolling on side
- Cannot catch large ball
- Has difficulty with gait and balance
- Does not walk downstairs using rail for support
- Does not have wide range of movement
- Does not avoid objects when running

36 months:

- Cannot kick stationary ball
- Is not able to stand on one foot for two seconds
- Does not attempt to ride tricycle
- Cannot walk on tip toes
- Cannot walk up stairs without support

36-48 months (3-4 years):

- Cannot jump forward using two foot take-off and landing
- Is unable to run and stop within two steps without falling
- Is unable to walk on a line backwards
- Is unable to hop 5 times on one foot, then switch

48-60 months (4-5 years):

- Does not imitate body movements (up to four positions)
- Does not complete sit-ups
- Is unable to complete a somersault
- Is unable to gallop

For additional information,
contact
RiverView Rehab Services
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