

Indicators for a Physical Therapy Referral

1. Decrease/increase in muscle tone in trunk, arms, or legs; weak trunk, arm, or leg muscles
2. Asymmetrical body movements
3. Excessive crossing of the legs or "stiff legs"
4. Lack of movement, disinterest in movement
5. Poor head control after 3 months of age
6. Sitting consistently with rounded back after 6 months of age
7. Not rolling by 7 months; not crawling by 10 months
8. No walking independently after 17 months of age
9. Persistent walking on toes
10. Labored movement getting up to stand or excessive falling once independent ambulation mastered
11. Misshapen head, head tilt
12. Any loss or regression of skills

Gross Motor Development

<u>3 Months</u> <ul style="list-style-type: none"> Starts to gain control of head at midline Takes weight on forearms and easily lifts head while lying on tummy Randomly swipes, kicks, bats with arms and legs 	<u>10-11 Months</u> <ul style="list-style-type: none"> Walks along furniture sideways while standing Pulls up to stand from sitting and lowers self down
<u>4 Months</u> <ul style="list-style-type: none"> Lifts shoulders off of surface when on tummy with forearm weight bearing Brings hands and legs up to midline when on back 	<u>12 Months</u> <ul style="list-style-type: none"> Pulls to stand putting one knee up Plays in side sitting Creeps over obstacles and up two steps Walks with one hand held
<u>5 Months</u> <ul style="list-style-type: none"> Rolls to side; rolls on tummy to back Reaches with one arm when lying on tummy Lifts head when lying on back 	<u>15-17 Months</u> <ul style="list-style-type: none"> Walks independently Walks holding objects Begins walking up stairs with railing
<u>6 Months</u> <ul style="list-style-type: none"> Sits with arm support Rolls from back to tummy Brings both feet to mouth when on back Grasps objects; transfers objects between hands 	<u>18-23 Months</u> <ul style="list-style-type: none"> Jumps up two inches Stoops or squats to play or pick up a toy Runs ten feet
<u>7 Months</u> <ul style="list-style-type: none"> Belly crawls or moves on hands and knees Sits alone unsupported 	<u>2-3 Years</u> <ul style="list-style-type: none"> Stands on one foot for 1-3 seconds Jumps off one step or higher
<u>8 Months</u> <ul style="list-style-type: none"> Crawls on hands and knees Starts pulling to stand 	<u>3-4 Years</u> <ul style="list-style-type: none"> Walks upstairs alternating feet; walks backwards/sideways Begins hopping and skipping Throws ball overhead Rides tricycle
<u>9 Months</u> <ul style="list-style-type: none"> Walks along furniture a few steps Moves in and out of sitting Crawls over your legs 	<u>5-6 Years</u> <ul style="list-style-type: none"> Skips with alternating feet; gallops Able to do a sit-up Dresses and undressed independently Forward roll