

# Physical therapy

## Birth to 3 years gross motor milestones

Physical therapists work with patients and their families to focus on large motor and functional skills to enhance development, restore function and prevent disability from pediatric conditions, illness or injury. We look at the quality of a child's movements, balance and coordination skills, strength, range of motion and endurance for daily activities and mobility.

If you notice your child has difficulty with many of these areas, Cook Children's has speech-language pathologists, feeding therapists, occupational therapists and physical therapists that can assess your child's skills and help them reach their full potential. **To find out more about our program or to schedule an initial evaluation, call (682) 885-6294 or fax your referral to (682) 885-8409.**

### Birth to 2 Months

- Doesn't lift or turn head while lying on their stomach
- Does not turn head to both sides when lying on back

### 3 Months

- Does not hold head up 90 degrees while 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 when on tummy
- Does not rotate or extend head
- Is unable to grasp a rattle

### 5-6 Months

- Does not roll over one way
- Is unable to hold head steady in supported sitting position
- Cannot keep head level with body when pulled to sit
- Does not demonstrate balance reactions
- Cannot bear weight on hands when on tummy

### 7-8 Months

- Does not bear weight on legs
- Cannot lift head or assist when pulled to sitting position
- Demonstrates little balance reactions or protective extension
- Does not roll over both ways
- Does not hold weight on one hand while on tummy

### 10 Months

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

### 12 Months

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

### 15-18 Months

- Does not walk without support
- Does not demonstrate motor planning by climbing on furniture
- Cannot stand alone well or pick up objects from floor
- Does not demonstrate balance reaction while in kneeling position

### 24 Months

- Does not run
- Does not climb onto furniture, turn and sit
- Cannot walk upstairs with one hand held
- Cannot carry large toy while walking
- Does not squat in play

### 30-36 Months

- Cannot jump with both feet
- Has difficulty with balance
- Does not ride a tricycle
- Cannot catch a large ball
- Cannot kick a ball



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Home Health