

Why My Child with ASD, ADD or ADHD Needs Physical Therapy

In Home Services in Scottsdale, AZ + Surrounding Areas • Text or Call 480-269-0173

Enhances Body Awareness

- Reduces spinning and crashing into things, keeping them safe
- Improves their understanding of where they are in space, reducing tripping and falling
- Helps them sit and stand still for longer, leading to improved learning and social connection
- Improves their balance

Improves Strength

- Strengthens muscles to make it easier walk, lift and carry items for longer distances
- Teaches them which muscles to use to reduce strain, leading to potential injury
- Eliminates unnecessary muscle recruitment that causes fatigue, leading to refusal to participate & meltdowns

Improves Coordination & Connection

- Improves their playground accessibility without risk of injury and lowers your stress at the park
- Reduces frustration and embarrassment in group activities or sports so they can start to enjoy them
- Make playing catch, bike rides, riding a scooter, or swimming a possibility for your family

Prevents Surgery

- W sitting: Wear and tear on their joints in this position can lead to arthritis
- Toe walking: Muscles become tight and contracted, requiring braces and/ or surgery