

Why Would My Child Need a Pediatric Physical Therapist?

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



Clumsiness

- Run into people, pets, toys, or walls easily
- Trip on their own feet or anything in their walking path
- Struggle with doing two activities at once, such as walking and dribbling a ball or steering and pedaling a bike
- You worry about them carrying anything heavy, fragile, or that may spill

Difficulties at the Playground/Park

- Prefer activities that allow them to sit down
- You're constantly telling them to 'be careful'
- Throw fits when you say you're going to the park
- Can only catch/throw/kick/climb with one side of their body
- Avoid team activities/ are the last one picked for a team



Frequently Complain About Exercise

- Running errands takes twice as long with them in tow
- They frequently ask to sit down or complain of their legs being tired
- They opt for reading, video games, or screen time
- Become out of breath easily when playing with peers
- Complain of feeling sore after physical activities

Poor Posture

- You often hear yourself telling them to 'sit/stand up straight'
- They complain of neck/back/shoulder pain after sitting during their classes or doing homework
- Struggle to sit at a desk without leaning or fidgeting
- Often found leaning on furniture or laying down instead of sitting

