

# When To Refer To Pediatric Physical Therapy

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



## Delayed Gross Motor Milestones

Some children just need a little extra support to get moving.

- Rolling, sitting, crawling, or walking later than expected
- Needs help standing or walking beyond typical age
- Prefers being in containers over floor time

## Asymmetry or Movement Concerns

PT can help kids build strength and balance to grow and move more easily.

- Always turns head one direction or has a head tilt
- Crawls, rolls, or pulls up using only one side
- Flat spot on head or avoids tummy time



## Low or High Muscle Tone

Some children may struggle to build strength.

- Described as “floppy,” “tight,” or slow to gain head control
- Avoids reaching, rolling, or pushing through arms
- Gets upset with new movements or physical challenges

## Movement Impacts Participation

If movement makes everyday activities harder, PT can help things feel easier.

- Trips often, seems clumsy, or avoids active play
- Tires easily or doesn't enjoy physical activities
- Struggles with playground skills or group games

