



WHEN TO SEEK OUT A PHYSICAL THERAPY EVALUATION: A PARENT'S GUIDE FOR CHILDREN 0-3 YRS OLD

1. POSITIONAL PREFERENCE:

- You notice that your baby prefers to look to one side more than the other
- If breastfeeding, your baby has difficulty feeding from one breast more than the other
- You notice that your baby tilts his/her head to one side consistently or makes a C-shape with his/her body frequently

2. RESISTANCE TO TUMMY/BACK TIME:

- Your baby does not tolerate tummy time well
- Your baby does not tolerate laying flat for play time well
- Your baby prefers a swing, bouncer, seat, etc. during the majority of awake time

3. DELAYED MILESTONES:

- Your child has not reached a motor milestone within the average range such as not walking by 16 months old or crawling on hands and knees by 12 months
- There are multiple motor milestones that are close to being delayed
- There are skipped motor milestones such as crawling on hands and knees

4. TOE WALKING:

- Your child walks on their tiptoes more 50% or more of the time
- You have difficulty moving your child's foot toward their face when their leg is straight

5. ASYMMETRICAL MOTOR SKILLS:

- Your child prefers to use one side of their body over the other
- Your child scoots or crawls with one leg up instead of hands and knees crawling
- Your child rolls, pivots, cruises, reaches, etc. to one side noticeably more than the other
- Your child walks with one foot turned in or out more than the other

6. TONGUE TIES/TETHERED ORAL TISSUES

- Your child has a tongue/lip ties or has had ties released

Note: Pediatric physical therapists are experts in motor development. It is never a waste of time to get your child evaluated. Early intervention is key and we have extensive training and specific criteria that helps us decide whether a child requires intervention or not. In Texas, no referral is needed for an evaluation.