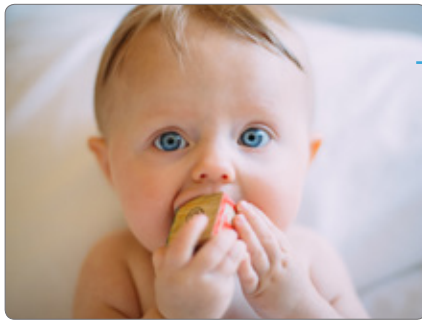




When to Call: Does your child need Pediatric Physical Medicine & Rehabilitation (PM&R)?

Pediatric PM&R physicians evaluate your child and determine if he or she is behind on movement skills and if there may be an underlying medical cause for this delay. PM&R physicians can refer your child to physical, occupational, and/or speech language therapies. If needed, they can also prescribe braces to support your child's joints or equipment to help your child gain movement skills more quickly. If you or your child's primary care physician has any movement concerns, it's important to reach out as soon as these concerns are raised in order to prevent complications, such as loss of joint range of motion or further muscle wasting from disease, or to correct abnormal patterns early before they become habits. **We recommend consulting with a PM&R physician as soon as possible if you have any concerns, especially if your child is experiencing delays like those listed below at the following ages (0-5 years):**



4 months of age

- Not holding head up while in a sitting position
- Not bringing toys to mouth
- Not putting weight on legs when held in a standing position

6 months of age

- Not rolling over
- Not sitting up



9 months of age

- Not pulling self up to stand

12 months of age

- Not walking
- Not waving goodbye



18 months of age

- Is using only one hand
- Not pointing to body part when asked

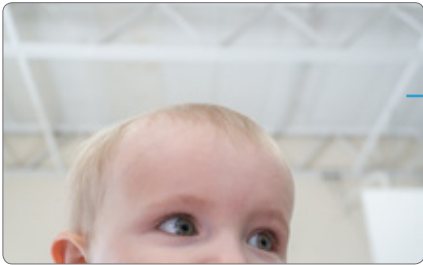


2 years of age

- Not running
- Is falling or tripping when walking, more than peers

Patterns of Movement

We recommend consulting with a PM&R physician as soon as possible if you have any concerns, especially if your child is experiencing the following issues regarding their patterns of movement:



Eye Movement

- Eyes do not work together
- One eye turns in or out



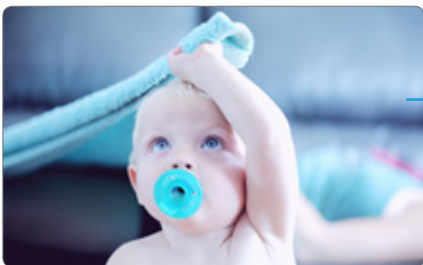
Mouth Movement

- Open mouth posture
- Excessive drooling



Neck Movement

- Head is always turned to one side



Arm Movement

- Before the age of three years old, child has a hand preference



Leg Movement/Walking

- Child is walking on his/her toes
- Child crosses one leg in front of the other when walking
- Child waddles or sways when walking

We Can Help

If your child does not continue to make progress in learning skills or seems to be losing skills, immediate attention is needed. Reach out for an appointment today by calling 412.420.2362.