



When to Call: Does your baby need Physical Therapy?



The earlier, the better! Seeing a physical therapist at the first sign of a problem can help your child make faster progress and have a better outcome. Gross motor skills are some of the first building blocks for all areas of development, so don't wait! **We recommend consulting with a physical therapist as soon as possible if you have any concerns, especially if your child:**

- **Turns or tilts their head to one side or has a flat spot on their head**

Physical therapists can evaluate babies as young as 2 weeks old to address stretching, strengthening, positioning, and the need for any devices, such as helmets or collars.



- **Has trouble with tummy time**

Tummy time is the foundation for all future gross motor skills. We can help make sure your child is on track for motor development.



- **Only scoots on their bottom, instead of crawling symmetrically**

We can evaluate your child to determine if this is a sign of weakness or developmental delay and offer guidance to address any underlying motor problems.



- **Has difficulty rolling, sitting or standing**

We can evaluate your child to determine if this is a sign of weakness or developmental delay and offer guidance to address any underlying motor problems.



- **Seems overly stiff or floppy**

We have expertise in evaluating muscle tone and can make recommendations as needed in the event that your child has increased or decreased muscle tone.