



When to Call: Does your toddler need Physical Therapy?



Toddlers are constantly on the move! They don't stay in one place for long and move between toys and activities at lightning speed. If you have a child who is one or two years old, take a minute to watch *how* they are moving. Our physical therapists are experts in movement and are happy to help make sure your child is on track with development. As with any developmental concern, early treatment is best for a faster and better outcome. **Call us to schedule an evaluation if you have any concerns about how your child moves, or if you notice any of the following:**

Delayed standing or walking

At 8-10 months of age, babies stand while holding onto furniture like a coffee table or couch, then begin walking between 10-15 months of age. If you feel your child is having trouble with these skills, we recommend you check in with a physical therapist.



Flat feet, or toes pointing in or out

Physical therapists can let you know if your toddler's feet are in a normal position for their developmental level. If there is a problem with the shape of your toddler's feet, we can provide suggestions to minimize the impact to your child's development.



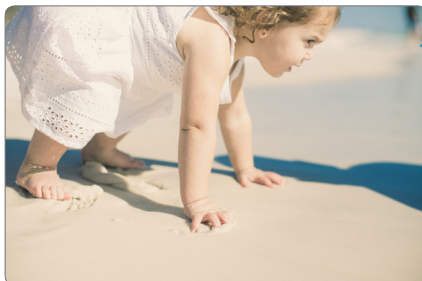
Tripping or falling

Whether it's over their own feet, toys, or changes in floor texture, there can be a number of reasons why your child trips or falls frequently. A physical therapist can determine the cause and provide exercises and suggestions to help improve your child's balance and safety.



Toe walking

Although it can be normal for babies who are just learning to stand with support to spend time on their tippy toes, children should have their feet flat on the floor once they are walking on their own. A physical therapist can address underlying issues to help your child learn to walk normally.



Trouble with balance or ball play

Toddlers around one and a half years old should have enough balance to briefly stand on one foot long enough to kick a ball. Kids at this age can also stand without falling while throwing a small ball. Around two years of age, toddlers may hold out their arms to try to catch a ball, but they'll have more success with catching closer to their 3rd birthday.