



Pediatric Physical Therapy

Physical Therapy Screening Tool (“Red Flags”)

Children-All Ages

Seems clumsy or uncoordinated (taking longer than expected to learn motor skills, bumps into other people or objects in the environment, falls often, etc)

Difficulty following verbal directions or completing steps of daily routines

Avoid movement activities such as swings, slides, hesitates on curbs or uneven surfaces, etc

Uses more movements and time than necessary to accomplish a task consistently

Appears to be in constant motion, fidgety, difficult time sitting still

Overly rough when playing

Difficulty imitating actions

Unsafe in community or at home

Fall more than peers or constantly have bruises or scrapes or injuries

Disruptive behaviors-impulsive, limited attention, resistive to new activities/changes in routine, difficulty moving from one activity to another, gives up easily, difficulty calming self

Look or tilt their head always to one side and/or have flattening of back or side of the head

Walk in a way that is different from other kids their age



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Physical Therapy Screening Tool (“Red Flags”) – Age Specific

<p>Birth- 6 months</p> <ul style="list-style-type: none"> <input type="checkbox"/> Not turning head or lifting head when held or placed on tummy for play <input type="checkbox"/> Does not roll side to back <input type="checkbox"/> Does not hold body up with arms on stomach <input type="checkbox"/> Does not roll over back to side <input type="checkbox"/> Brings toys and hands to mouth and middle of body together <input type="checkbox"/> Does not roll back to and from tummy or push chest off floor when on tummy to initiate roll (should be developed 4-6 months) <input type="checkbox"/> Does not sit when placed for even a few seconds (6 months with hands down in front) 	<p>7 month- 1 year</p> <ul style="list-style-type: none"> <input type="checkbox"/> Does not get on hands and knees <input type="checkbox"/> Does not attempt to army crawl on floor pulling body with arms and using legs to assist <input type="checkbox"/> Does not crawl on hands and knees (around 9 months) <input type="checkbox"/> Does not catch self with balance loss forward, or side to side (developed fully by 9 months) <input type="checkbox"/> Is not able to sit without support or get into sitting for more than 1 minute <input type="checkbox"/> Is not interested in standing or does not stand without hands on waist <input type="checkbox"/> Is not attempting to step with or without support <input type="checkbox"/> Does not stand without support for even a couple seconds <input type="checkbox"/> Does not engage with rolling or flinging small ball
<p>1-2 years old</p> <ul style="list-style-type: none"> <input type="checkbox"/> Does not catch balance loss in sitting backwards (by 1 year) <input type="checkbox"/> Does not stand well without support <input type="checkbox"/> Does not attempt to get up steps (may crawl or walk with hand hold near 2 years) <input type="checkbox"/> Is not able to stand up from floor with squat pattern <input type="checkbox"/> Is not walking with more steadiness or change direction with walking without balance loss. <input type="checkbox"/> Is not able to climb onto couch, chairs or into seat in car and turn to sit <input type="checkbox"/> Is not able to kick or step on ball without fall <input type="checkbox"/> Is not able to walk backwards or carrying toy <input type="checkbox"/> Is not able to throw ball overhand 	<p>2-3 year olds</p> <ul style="list-style-type: none"> <input type="checkbox"/> Does not run or jump without balance loss (by 2 years old) <input type="checkbox"/> Does not walk up and down steps without handrail (can put both feet on same step) <input type="checkbox"/> Does not throw small ball with close to target aim underhand pattern. <input type="checkbox"/> Does not stand on one foot for 1-2 seconds (about 2.5 years old) <input type="checkbox"/> Does not walk on tip toes <input type="checkbox"/> Does not throw overhand pattern (2.5 years old) <input type="checkbox"/> Does not jump down large step with feet together without balance loss (around 2/5 years old)
<p>3- 4 years old</p> <ul style="list-style-type: none"> <input type="checkbox"/> Is not able to jump down/forward feet together <input type="checkbox"/> Does not walks up stairs without handrail or 2 feet on same step <input type="checkbox"/> Does not attempt to pedal tricycle <input type="checkbox"/> Is unable to avoid obstacles with path change <input type="checkbox"/> Is unable to kick ball 5-6 feet or catch a ball thrown to them <input type="checkbox"/> Is unable to stand on one foot for 5 seconds or on tip toes in place <input type="checkbox"/> Unable to walk narrow line without fall or step off <input type="checkbox"/> Unable to throw ball over and underhand with target contact 	<p>5-6 years old</p> <ul style="list-style-type: none"> <input type="checkbox"/> Is unable to do summersault/tumble over ground <input type="checkbox"/> Is unable to skip or gallop with model of pattern <input type="checkbox"/> Is unable to hit a target with ball thrown 12 feet <input type="checkbox"/> Does not catch small or bounced ball with hands only <input type="checkbox"/> Is unable to stand on one foot >10 seconds <input type="checkbox"/> Is unable to complete pushups or sit ups (form not important but clearing part of upper body) <input type="checkbox"/> Is not able to walk on tip toe 15 feet or more. <p>** by 7-12 years old the child should move and walk very similarly in pattern to an adult and demonstrate smooth movements with tasks like bike, jumping jacks and ball skills.</p>



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