



THE CENTER FOR  
**PEDIATRIC THERAPY**  
*Speech, Occupational, & Physical Therapy*

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## How do I know if my infant / toddler needs physical therapy?

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- 1. Easily startled (birth to 3 months).
- 2. Poor muscle tone
- 3. Stiffness in legs.
- 4. Head always turned to one side.
- 5. Slow to roll over, creep, sit or stand.
- 6. Slow to walk.
- 7. Walks on toes.
- 8. Difficulty tolerating a prone (on stomach) position.
- 9. Difficulty playing with age appropriate toys.

***If your young child is experiencing 3 or more problems on this checklist, physical therapy may be helpful. Contact your local physical therapist for more information at 985.449.0944.***