



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

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## How do I know if my preschool child needs physical therapy?

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- \_\_\_\_\_ 1. Difficulty jumping, running, or skipping.
- \_\_\_\_\_ 2. Trips often.
- \_\_\_\_\_ 3. Needs more practice than other children to learn new skills.
- \_\_\_\_\_ 4. Does not help when getting dressed.
- \_\_\_\_\_ 5. Difficulty putting on shoes by wiggling fit in.
- \_\_\_\_\_ 6. Does not enjoy jumping, swinging, or having feet off of the ground.
- \_\_\_\_\_ 7. Walks on toes.
- \_\_\_\_\_ 8. Complains of cramps in legs.
- \_\_\_\_\_ 9. Overly active, unable to slow down and appears to be in constant motion.
- \_\_\_\_\_ 10. Walked late.
- \_\_\_\_\_ 11. Keeps head to one side.

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