

CHECKLISTS

If a child exhibits a cluster of the following symptoms or is unable to perform several of the items listed below, an evaluation and therapy may be warranted. Early intervention is important, so please discuss concerns with the child's physician or call the office and we will be glad to assist. Debi Abdow-Addis, MS,PT is DIRECT ACCESS CERTIFIED IN THE STATE OF VIRGINIA.

GROSS MOTOR CHECKLIST

BY 4-6 WEEKS

- Baby favors looking to one side
- Baby tilts/holds head to one side only
- Baby has a flat spot or misshapen skull
- Baby cries when on belly

BY 3 MONTHS

- Lifts head and props on forearms lying on stomach
- Follow objects with eyes
- Swipes at objects

BY 6 MONTHS

- Rolls from stomach to back to stomach
- Pushes up on extended arms lying on stomach
- Reaches and Grasps objects
- Transfers objects one hand to other

BY 9-12 MONTHS

- Sits independently
- Creeps on hands and knees
- Moves in and out of sitting
- Pulls to stand and cruises
- Uses a pinch to manipulate objects

BY 12-15 MONTHS

- stands independently

BY 15-18 MONTHS

- Walks independently

BY 24 MONTHS

- Runs and jumps

BY 30 MONTHS

- Walks up and down stairs

BY 36 MONTHS

- Hops
- Stands on one leg
- Rides a trike

BY 48 MONTHS

- Catches ball with two hands

NEUROMOTOR CHECKLIST

- Muscle stiffness
- Toe walking
- Floppiness
- Tremor or shaking of the arms and legs
- Hyperflexible joints
- Persistent primitive reflexes
- Bunny hopping or "W" sitting
- Clumsiness or poor coordination
- Poor balance or frequent falls
- Asymmetry (one arm, leg or body side appears to be lagging) in development)
- Prematurity

SENSORIMOTOR CHECKLIST

- Frequently irritable
- Overly active and hard to calm down
- Distracted by sights and sounds
- Does not enjoy being touched or held
- Dislikes textured foods: avoids new food textures
- Over/Under reacts to physically painful experiences
- Likes to swing very high or for long periods of time
- Prefers fast moving rides becoming less dizzy than others
- Fearful of heights or climbing
- Has difficulty learning new activities