## The ABC's of Pediatric Physical Therapy



The Section on Pediatrics

American Physical Therapy Association

### Pediatric Physical Therapists and Assistants

- Highly educated, clinically trained professionals
- Work with individuals birth through adulthood with movement dysfunction
- ♦ Strong desire & unique talent for working with children & families



# The Goal of Pediatric Physical Therapy

Help children reach their maximal functional level of independence



### **Pediatric Physical Therapy:**

- ♦ Promotes independence
- ♦ Increases participation
- ♦ Facilitates motor development & function
- ♦ Improves strength
- Enhances learning opportunities
- Eases caregiving
- Promotes health & wellness



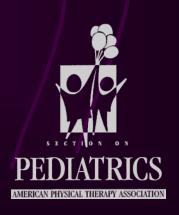
### Increased Participation

- ◆ Pediatric Physical Therapists and Assistants promote increased participation in daily activities & routines in the:
  - **♦**Home
  - **♦**School
  - **♦**Community



### The Critical Role of the Family

- ◆ Parents and families have the primary role in children's development.
- ◆ Pediatric Physical Therapists and Assistants collaborate with the family to implement individualized programs for each child.



### **Family Support**

- ♦ The child's family is supported by the Pediatric Physical Therapist and Assistant through:
  - **♦**Coordination of services
  - ◆Advocacy
  - Assistance with enhancing development



### **Enhancing Development**

- ◆ Pediatric Physical Therapists and Assistants assist the family with enhancing the child's development through:
  - ◆Positioning during daily routines and activities
  - **♦**Adapting toys for play
  - **♦** Expanding mobility options
  - **♦**Using equipment effectively



### **Family Support**

- Pediatric Physical Therapists and Assistants also:
  - ◆ Teach families about safety in the home and community
  - Provide information on the child's physical and health care needs
  - ♦ Assist the child & family with transitioning from early childhood to school, and into adult life



# Starting a child in Pediatric Physical Therapy

♦ First, an interview is completed to identify the child's needs

Next, an examination & evaluation is completed of the child in the context of his/her daily routines & activities.



### The Physical Therapy Evaluation asseses the child's:

- ♦ Mobility
- ♦ Muscle and joint function
- Strength and endurance
- ◆ Cardiopulmonary status
- ♦ Posture and balance
- Oral motor skills & feeding
- Sensory & neuromotor development
- ♦ Use of assistive technology



### **Pediatric Physical Therapy**

- ♦ Includes collaboration & coaching
- Occurs in natural learning environments, such as
  - **♦**Home
  - ◆Child care centers
  - ♦ Preschools & schools
  - **♦**Job sites



#### **Hospitals & Clinics**

Children also may receive Pediatric Physical Therapy in hospitals & clinics when the child is receiving care for related medical conditions or during acute care episodes.



### Is Your Child Entitled to Services?

All children ages birth to 21 eligible for:

- **♦** Early intervention or
- ♦ Special education & related services

are entitled to Pediatric PT through IDEA

- ♦ Federal Legislation: Public Law 105-17
- ♦ The Individuals with Disabilities Education Act



### Additional Federal Legislation

- ♦ The Rehabilitation Act, Section 504
  - ◆Requires provision of reasonable accommodations, including PT, for persons with disabilities
- **♦ The Americans with Disabilities Act** 
  - Protects rights of all individuals with disabilities

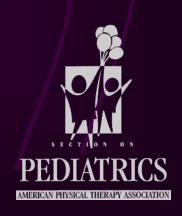
# Evidence-Based Practice (EBP) & Pediatric Physical Therapy

- ◆ "EBP" is the integration of research findings, clinical expertise, & values.
- ◆ Pediatric Physical Therapists and Assistants use EBP in order to collaborate with families, health care providers & educators to provide best practice.



# Evidence-Based Practice supports the use of therapy interventions, such as:

- ◆ Developmental activities
- ♦ Strengthening
- ♦ Movement and mobility
- ♦ Tone management
- ♦ Motor learning
- ◆ Balance & coordination
- ♦ Recreation, play and leisure



# EBP & Interventions (continued):

- ♦ Adaptation of daily care & routines
- ◆ Equipment design, fabrication & fitting
- Orthotics and prosthetics
- ♦ Burn and wound care
- ♦ Cardiopulmonary endurance
- Safety and prevention programs
- Use of assistive technology



### Licensing of Physical Therapists and Assistants?

- ♦ Each State has laws governing licensure and practice of physical therapy.
- ♦ All physical therapists and assistants are graduates of an accredited university. Today, that degree is a graduate degree for physical therapists and an associate degree for assistants.
- ◆ Pediatric Physical Therapists have specialty training in & a desire to work with children and families.



### If you have questions or need more information contact:

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