Physical Therapy in Early Childhood

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Goals of Early Intervention

• Maintain flexibility
• Maximize motor skills
• Encourage participation
• Assist with mobility
• Family/Care provider education
Flexibility: Night Splints

• Initiate night splints
  – 6 to 8 hours per night
  – 6 to 7 nights per week
• Solid or articulated
• Work with your therapist
  – Maximize sleep
  – Maximize comfort
Flexibility: Gentle Stretching

- Gentle Stretches
  - Hold 30 seconds
  - Repeat 2-3 times

- Ankle/Calf Muscle
- Knee/Hamstring Muscle
- Work with therapist
Flexibility: Positioning

- Long sitting postures
- Standing wedges
- Yoga activities
Maximize Motor Skills

• Steady walking pattern
• Negotiate stairs & curbs
• Standing from the floor
• Early balance skills
• Ball skills
• Ride a tricycle
Encourage Participation
Assist with Mobility

• Community Mobility
  – Commercial stroller
  – Wagon
  – Medical stroller

• Early Power Mobility
  – Battery Powered Car