



## PHYSICAL THERAPY



At Kids SPOT, our pediatric physical therapy services help children develop the strength, balance, coordination, and mobility needed to confidently participate in everyday activities. Through fun, engaging, and individualized therapy sessions, we help children reach developmental milestones and improve their independence.

### How Physical Therapy Can Help

Our physical therapists help children:

- Improve strength, balance, and coordination
- Enhance gross motor development
- Increase mobility and independence
- Build confidence in movement and play
- Support children with developmental delays and physical challenges
- Improve posture, endurance, and body awareness

### Areas We Address

#### Gross Motor Development

- Walking, running, and jumping
- Balance and coordination
- Motor planning
- Strength and postural control
- Reflex integration

#### Mobility & Movement Skills

- Gait and walking patterns
- Stair navigation
- Climbing and obstacle negotiation
- Jumping and hopping skills

#### Coordination & Endurance

- Bilateral coordination
- Crossing midline
- Physical endurance and stamina
- Sports and playground readiness

#### Sensory & Motor Integration

- Vestibular (balance) processing
- Proprioception and body awareness
- Movement confidence and coordination

**At Kids SPOT, we use a child-centered, play-based approach to help children move with confidence, gain independence, and achieve their full potential.**