



A Word from the Therapist:

Physical Therapy is all about optimizing movement patterns which will allow for an improved quality of life. When it comes to physical therapy, we will set out to figure out which movement patterns are missing and/or reduced in quality, as well as the WHY that is the contributing factor.

In the pediatric setting, we can see faulty movement patterns in those that have growing/sport related pain, congenital neurological diagnoses, attention deficits such as ADHD and ASD, behavioral problems, missing/delayed milestones, coordination problems, sensory issues and so on. However, each child is different, so the WHY is not the same for each missing or faulty movement pattern(s). Your PT will work with you and your child to figure out their deficits in order to ensure there are functioning at their optimal level.

So what can you, as a parent, do for your child? **START RIGHT AWAY!** If you have any concerns, seek out your local Zenith Physical Therapist. If you have a concern, trust your gut instinct, and seek a PT evaluation right away. We want to avoid the “wait and see” mantra as this could lead to further deficits and/or challenges down the road. We will work closely with your pediatrician, advocating if need be, in order to ensure your child will catch up as quickly as possible.

You can always seek out www.choosept.com or www.APTA.org if you have further questions about what physical therapy could do for you and/or your child!

~ Kara Aaby, PT, DPT