

# Paediatric Physiotherapy and Child Gross Motor Development



If a child has a gross motor developmental delay (in one or more areas) a Paediatric Physiotherapist can help.

Fiona Elliott has 5 years experience in Paediatric Physiotherapy and has helped many babies learn to roll over, crawl and walk. She is able to assess infants and babies' gross motor development using reliable tools (AIMS and NDMSA) combined with musculoskeletal assessment. Physiotherapy treatment is then specific to the barriers to a particular developmental step.

Paediatric Physiotherapy treatment of babies usually involves positioning for play, specific task practice, parental education and advice.

Normal 3 Months Development	Signs of Possible Problems
Lift head when lying on tummy or when pulled to sitting position	Differences between right and left sides of body (in strength, movement or muscle tone)
Kick vigorously	Inactive
Hold back firm when held in sitting position	Head falls back when pulled to sitting position
Follow objects from side to side with eyes	Doesn't follow objects with eyes
Hold object briefly in hand	Persistent fisting of hands (doesn't let go of objects)

Normal 6 Months Development	Signs of Possible Problems
Lift head and chest off the ground when lying on their tummy	Cannot lift head and shoulders when lying on their tummy
Roll over side to side	Cannot roll over
Sit with support and a straight back	Floppy back when held in sitting
Bear weight on legs, stand with support	Obvious difference between use of right and left arms
Reach for objects with each arm and hand	Any differences between right and left sides of body (in strength, movement or muscle tone)
Hold objects with whole hand, transfer object from hand to hand, hold an object in each hand	Persistent fisting of hands (cannot release objects)
Normal 9 Month Development	Signs of Possible Problems
Sit without support, get into sitting position	Can't sit alone
Crawl, or make crawling attempts	No crawling motion
Begin to stand holding on	Unable to hold bodyweight or push up through legs in standing position
Point with index finger, hold objects using thumb and fingers, bang objects together (one in each hand)	Unable to use index finger in isolation (i.e. to poke or point)
Normal 12 Month Development	Signs of Possible Problems
Stand holding on, walk holding on	Cannot stand holding on
Crawl well	No crawling or bottom-shuffling
Pull to standing position	Any differences between right and left sides of body (in strength, movement or muscle tone)
Pick up objects using tip of thumb and index finger	No clear use of the index finger to point or poke or with thumb to pick up objects

Ref: QLD Health

Appointments can be made with Fiona Elliott at Total Physiotherapy Manly Vale on 9907 0321.