



kids therapy made simple

# Pediatric Physical Therapy

## What is Pediatric Physical Therapy?

**Pediatric Physical Therapy is a hands-on experience where a therapist may guide proper body positions and work on balance and strength through play so that a child can move through physical developmental milestones in order to thrive in life. At KTMS, we do this through play-based therapy in order to promote a positive experience for children. Pediatric PTs often help children improve in areas like mobility addressing movements such as rolling, crawling, cruising or walking.**

(for more information about pediatric physical therapy, please visit <https://pediatricapta.org>)

## What should I look for in a Pediatric Physical Therapist?

The field of Physical Therapy is controlled by a national board as well as each individual state. Currently physical therapists must receive a DPT (Doctor of Physical Therapy) from an accredited college program if they graduated after 2015. Individuals who graduated before 2015 will possess either a Bachelor's or Master's degree depending on when they graduated. It is important to verify that your physical therapist is licensed in the state in which they are practicing. It is also important to ask if they are play-based therapists. Some PTs work with children, but they do not treat in a play-based manner. If your child is young and the focus of treatment is on reaching developmental milestones, play-based physical therapy will be the most effective and positive treatment modality.

## What is Play-Based Therapy?

It may look like we're just playing games, but we're actually delivering specific therapies while a child is having fun. This type of therapeutic delivery utilizes a therapist's creativity, flexibility and understanding of child development in order to promote functional performance. Through the use of specific and measurable goals, a therapist will design activities which will promote the strength, endurance and flexibility the child needs to move through developmental milestones.