



WHAT PARENTS CAN DO TO HELP THEIR CHILDREN ACHIEVE MILESTONES:

1. Encourage supervised play while lying on stomach.
2. Play with bright, colorful toys.
3. Talk to your child face to face.
4. Listen and dance to music.
5. Read to your child daily.
6. Play with various textures like: sand, water, soap, etc...
7. Play games like Peek-a-boo and Pat-a-cake.
8. Encourage playing on floor and playing outdoors.
9. Use a hammock or swing for stimulation.
10. Create a safe area in the house for imaginary play where he/she can explore objects of various sizes, textures and consistencies.

If you have concerns about your child's developmental progress, please discuss your concerns with your healthcare provider.

OUR GOAL

Our comprehensive services are provided by licensed physical therapists, occupational therapists, and speech-language pathologists as a team or individually. Our goal is to help children achieve developmental milestones in the areas of gross motor, fine motor, speech-language skills.



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PEDIATRIC SERVICES

PHYSICAL THERAPY
OCCUPATIONAL THERAPY
SPEECH THERAPY



CULPEPER
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Physical Therapy and Rehab



SPEECH THERAPY

When a child has trouble making others understand what he/she is trying to say or understanding what others are saying, the child may need speech therapy. A Speech-Language Pathologist is trained to assess these problems and design a treatment program to help. Speech-Language pathologists help with: articulation, voice, stuttering, language, listening skills, oral motor and swallowing deficits.

SPEECH RELATED MILESTONES

0-3 months - Smiles when spoken to, begins cooing.

3-6 months - Looks toward a sound, begins babbling.

12-24 months - Follows two step directions, uses two to three word phrases.

3 yrs-4 yrs - Asks/answers “what” and “why” questions, talks about activities.

4 yrs-5 yrs - Hears and understands most of what is said at home or school. Communicates easily with children and adults.

5 yrs-6 yrs - Listens to stories and answers questions about them.

PHYSICAL THERAPY

A physical therapist assists children in developing and improving the quality of gross motor skills. These include activities like rolling, sitting, crawling, running, and jumping. When a child is having trouble with mobility, a physical therapist can facilitate progress in strength, stamina, balance, flexibility and mobility.

PHYSICAL THERAPY RELATED MILESTONES

0-3 months - Lifts head when on stomach, rolls from side to back.

3-6 months - Lifts head when lying on back, sits with support, lifts head and chest when on stomach, can get foot to mouth.

6-12 months - Rolls over, sits without help, walks with one or both hands held, crawls on hands and knees, pulls to stand, walks holding to furniture.

12-24 months - Stands alone, walks alone and rarely falls, crawls up several steps, squats to pick up toys from floor without falling.

2 yrs- 3 yrs - Jumps in place, runs, walks up and down stairs, kicks a ball, rides a tricycle.

3 yrs-4 yrs - Walks up stairs step over step, throws a ball at target, hops forward on one foot.

4 yrs-5 yrs - Gallops, skips, hops on one foot at least ten steps, can play simple games like: Tag, Duck-Duck-Goose.

OCCUPATIONAL THERAPY

Your child may be struggling with fine motor skills if he/she has difficulty holding a pencil or crayon or picking up little objects like Cheerio’s or beads. If he/she has difficulty matching simple shape puzzles, there may be perceptual motor problems.

An occupational therapist can help your child improve fine motor and perceptual skills. Treatment can help prepare your child for performing at a higher academic level by improving handwriting and finger dexterity. Improvement in these areas, contributes to a child’s sense of confidence and self-worth.

OCCUPATIONAL THERAPY RELATED MILESTONES:

0-3 months - Infant curls his/her fingers around yours when you rub your finger on his/her palm.

3-6 months - Shakes a rattle, reaches for a toy.

7-12 months - Points with the index finger, makes a mark with a crayon, begins to hold blocks, finger feeds a cracker.

1 yr - 2 yrs - Scribbles, stacks 5 - 6 blocks

3 yrs-4 yrs - Unbuttons medium size buttons, puts on socks and shoes.

4 yrs-5 yrs - Laces shoes, copies a circle.

5 yrs-6 yrs - Able to dress self except for small buttons and bows.