

Physical therapy

3 to 6 years gross motor milestones

Physical therapists work with patients and their families to focus on large motor and functional skills to enhance development, restore function and prevent disability from pediatric conditions, illness or injury. We look at the quality of a child's movements, balance and coordination skills, strength, range of motion and endurance for daily activities and mobility.

If you notice your child has difficulty with many of these areas, Cook Children's has speech-language pathologists, feeding therapists, occupational therapists and physical therapists that can assess your child's skills and help them reach their full potential. **To find out more about our program or to schedule an initial evaluation, call (682) 885-6294 or fax your referral to (682) 885-8409.**

3 Years

- Rides a tricycle in a straight line
- Jumps from a step with both feet
- Jumps in place with feet together
- Able to walk on a line or balance beam
- Walks backward, sideways (side step) and on tip-toes at least five steps each
- Able to march five steps (forward or in place)
- Runs on toes for 10 feet
- Uses arm swing when walking
- Able to walk up and down five steps alternating steps without help or use of rail
- Throws a ball at target
- Catches a ball with extended arms
- Kicks a ball at least five feet when rolled to them

4 Years

- Walks with a heel-toe pattern and with arm swing
- Stands up from a sitting position
- Can stand on one foot with hands on hips
- Starts and stops or turns corners when running without losing their balance
- Walks down five steps, alternating steps, without using hands for support
- Able to run at multiple speeds
- Jumps off ground with both feet at least two inches off the ground
- Able to perform a somersault
- Able to jump forward eight to 10 inches without loss of balance
- Can hop on one foot
- Throws a tennis ball nine feet
- Throws a tennis ball overhand
- Bounces and catches a playground ball consecutively
- Jumps backward six consecutive times

5 Years

- Stands still on toes for three to five seconds
- Hops on one foot 10 or more consecutive times
- Skips with arm swing
- Jumping forward 18 to 24 inches
- Bounces and catches a tennis ball
- Able to walk 10 feet on heels (toes off the ground)
- Able to catch a tennis ball from five feet away
- Throws a tennis ball at a target 13 feet away
- Able to pick up an object from the ground while running, without stopping or losing balance.

6 Years

- Stands on one foot with eyes closed for four seconds
- Jump over an object 12 to 14 inches high
- Beginning to jump rope; can complete one rotation
- Balances on one foot, arms folded at chest, for 15 to 20 seconds
- Runs with reciprocal arm swing
- Throws a tennis ball and hits the target
- Catches a tennis ball with one hand from five feet away
- Jumping jacks
- Tandem walks on a balance beam, heel-toe walking

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Home Health

