

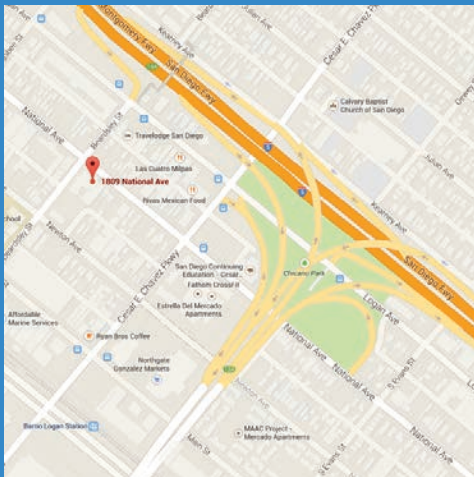
Pediatric Developmental Services

For more information,
please call:

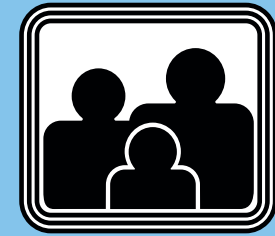


Family Health Centers of San Diego
Pediatric Developmental Services
(619) 515-2515

Bilingual Services Available (English & Spanish)



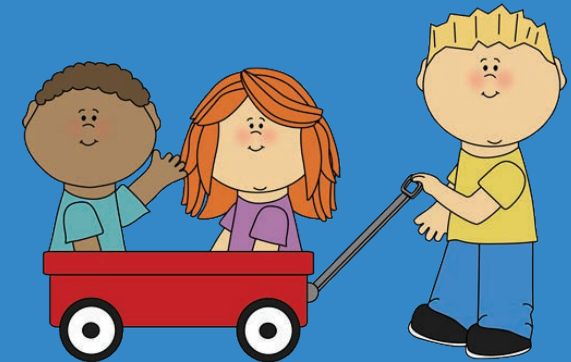
Family Health Centers of San Diego
Pediatric Developmental Services
1809 National Avenue
San Diego CA 92113



FAMILY HEALTH CENTERS
OF SAN DIEGO

Pediatric Developmental Services

Physical Therapy



Family Health Centers of San Diego
Logan Heights
1809 National Avenue
San Diego CA 92113
(619) 515-2515

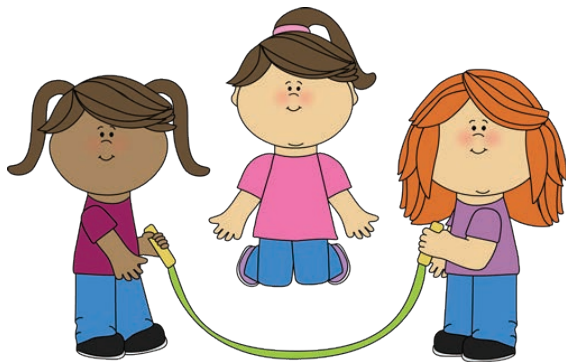


Family Health Centers of San Diego Physical Therapy Clinic

Pediatric Physical Therapy

Services improve gross motor skills in children with special needs or following injury. A state licensed physical therapist provides children and their families information and support with:

- Development of gross motor skills
- Home exercise programs
- Parental education in diagnosed disability
- Selection of appropriate toys
- Positioning



Population Served:

Infants, toddlers, children and adolescents with the following:

- Identified disability or delay in development
- Injury affecting gross motor skills
- Postural concerns or pain
- Limitations in strength, endurance, range of motion, coordination or balance



Services Offered:

- Physical therapy evaluations and treatment planning
- Individualized treatment sessions to address identified areas of need, utilizing specialized therapeutic techniques
- Outpatient clinic and in-home service options, depending on funding source
- Assisting with the referral for obtaining appropriate mobility equipment (i.e., braces, walkers, wheelchairs, standers, etc).
- Bilingual interdisciplinary team with occupational therapists, speech/language pathologists, early interventionists, audiologists, and psychologists/counselors

Typical Gross Motor Milestones

- | | |
|--------------|---|
| 1 month | • Tracks objects past midline, begins lifting head while on stomach |
| 4 months | • Head up while playing on stomach, sits with support |
| 6 months | • Rolls stomach to back and back to stomach, sits independently |
| 9 months | • Reciprocal crawling, (creeping, cruising) along furniture |
| 11-12 months | • Stands alone and begins walking with support |
| 18 months | • Mature weight-shifting and starts climbing playground equipment |
| 2 years | • Stoops to pick up toys, walks backward, runs up and down stairs independently |
| 3 years | • Rides tricycle and kicks ball |
| 3-5 years | • Hops and stands on one leg, skips and jumps |
| 6-12 years | • Jumps on toes, dropkicks ball |
| 8 years | • Balances without arms |
| 12-18 years | • Some increased clumsiness with growth spurts (normal) |