



## Physical Therapy Development – Parent Checklist

**Patient name:** \_\_\_\_\_

**DOB:** \_\_\_\_\_

### 0-12 months old

#### **0-4 months**

- Holds head in alignment
- Tracks an object
- Moves arms and legs when laying on back
- Lifts head a little when laying on belly, can prop on elbows
- Brings hands together when laying on back
- Props on elbows in prone with neck extension
- Rolls back to side
- Grasps rattle when placed in hand
- Likes looking at a human face more than other things
- Responds to a smile with a smile
- Looks into caregiver's face and eyes with interest
- Reaches toward and touches toy
- Hits at dangling objects with hands

#### **5-6 months**

- Sitting using hands for support and starting to sit independently
- Grabs both feet and holds them when on back
- Brings feet to mouth
- Reaches to a toy when playing on belly
- Props on extended arms when on belly
- Begins to belly crawl
- Rolls back to belly
- Holds and shakes a toy
- Puts fingers in mouth
- Smiles at self in front of mirror

#### **7-8 months**

- Maintains sitting for 60 seconds
- Retrieves a toy in sitting and returns upright
- Rolls belly to back
- Rolls back to belly
- Belly crawls 3 feet forward

### **9 months**

- Assumes hands and knees position (all fours)
- Transfers from sitting to hands and knees position (all fours)
- Rocks back and forth on hands and knees for 5 seconds
- Creeps forward on hands and knees
- Scoots forward in sitting for 3 feet
- Pivots in sitting 90 degrees to both sides
- Walks with two hands held

### **10 months**

- Maintains sitting for 60 seconds while playing with a toy
- Transitions to sitting from belly
- Creeps (on hands and knees) over your legs
- Bounces while holding onto your fingers
- Cruises 4 steps along furniture
- Lowers to sitting from standing without falling
- Plays in standing for 3 minutes
- Stoops at table to retrieve object from floor

### **11 months**

- Cruising on and between furniture
- Pivots in sitting
- Standing for 5 seconds without support
- Walks 4 steps with 1 hand held
- Walks with a push toy 10 feet

### **12-18 months old**

#### **12 months**

- Transitions to stand using hands and feet
- Walks 8 feet with one hand held
- Walks 5 steps independently
- Traps a ball with arms and hands in sitting

#### **13 months**

- Maintains kneeling position on knees for 5 seconds
- Stoops to retrieve object from the floor without using a stable surface and takes 3 steps
- Rolls a ball 3 feet forward in sitting
- Flings a small ball while standing

**14 months**

- Creeps upstairs on hands and knees
- Walks 10 feet with without falling (not walking on toes)

**15 months**

- Creeps downstairs independently
- Walks upstairs with both rails – non alternating
- Lifts foot to contact ball
- Throws ball overhand without loosing balance

**16- 18 months**

- Walks fast
- Walks Backward 5 steps
- Walks downstairs with support of one finger, non-alternating

**1 ½ years old****19-20 months**

- Runs forward 10 feet
- Stands heel to toe on a line for 2 seconds
- Kicks ball 3 feet
- Throws ball overhand 3 feet
- Rides a push bike

**21-22 months**

- Walks sideways 10 feet
- Walks with 1 foot on line for 6 feet
- Walks with one foot on balance beam

**2 years old****23-24 months**

- Jumps forward 4 inches
- Jumps up 2 inches
- Jumps down from step
- Walks upstairs without rail
- Throws ball underhand 3 feet
- Kicks ball 3 feet with direction
- Climbs up jungle gym

**25-26 months**

- Walks down 4 steps without rail
- Walks backward for 10 feet
- Presents arms and attempts to catch ball
- Negotiates slide independently

**27-28 months**

- Takes three consecutive steps when walking on a line – hands on hips
- Walks upstairs with a rail alternating feet
- Throws ball 7 feet overhand
- Walks across a 6 inch balance beam

**2 ½ years old****29-30 months**

- Jumps down 21 inches independently
- Walks on tiptoes for 5 feet with hands on hips
- Runs 30 feet in 6 seconds
- Throws ball 7 feet underhand
- Kicks ball 6 feet forward using opposing arm and leg movement

**30-31 months**

- Stands on one foot for 3 seconds with hands on hips
- Jumps forward 24 inches
- Jumps down 24 inches

**32-34 months**

- Jumps over a 2 inch hurdle
- Walks on tiptoes for 8 feet with hands on hips
- Catches ball with arms extended from 5 feet

**3 years old****35-36 months**

- Walks upstairs without a rail alternating feet
- Rides a tricycle

**37-40 months**

- Runs 45 feet in 6 seconds
- Jumps forward 26 inches
- Throws ball overhand
- Throws ball underhand to hit target from 5 feet

**3 ½ years old****41-42 months**

- Stands on one foot with hands on hips for 5 seconds
- Walks 4 feet on a line with hands on hips
- Catches large ball hands only 5 feet (not using chest to trap the ball)
- Climbs down rock wall independently

### **43-44 months**

- Stands on tiptoes with arms overhead for 3 seconds
- Walks downstairs without a rail using an alternating pattern
- Hops forward 6 inches on 1 foot
- Throws ball overhand to hit target from 5 feet

### **45-48 months**

- Stands on one foot for 5 seconds
- Runs and stops within 2 steps
- Walks backwards on a line 4 feet with hands on hips
- Jumps forward 30 inches
- Hops 3-5 times on each foot
- Throws ball underhand 10 feet while stepping
- Walks across a 4 inch balance beam with hands on hips

### **4 years old**

#### **49-52 months**

- Stands on tiptoes for 8 seconds
- Walks backwards on a line 5 steps with hands on hips
- Performs a forward roll
- Gallops 10 feet
- Throws overhand to hit target from 12 feet
- Bounces a ball so it hits floor then wall
- Catches a small ball thrown from 5 feet hands only
- Rides a 2 wheeler with training wheels
- Rides a 2 wheeled scooter

### **4 ½ years old**

#### **53-58 months**

- Stands on one foot for 6 seconds
- Imitates 4 positions with arms and legs
- Jumps forward 36 inches
- Performs a turning jump
- Hops forward 3 feet on each foot
- Jumps over 10 inch hurdle
- Skips 8 feet
- Pumps self on swing
- Able to jump over a partner turned jump rope
- Able to roller skate – without coordination

## **5 years old**

### **59-62 months**

- Stands on one foot for 10 seconds with hands on hips
- Performs 3 sit-ups in 30 seconds
- Jumps sideways over a line 3 cycles
- Skips 10 feet
- Performs 10 jumping jacks
- Rides a 2 wheeler without training wheels
- Able to jump over a self turned jump rope several consecutive times

## **5 ½ years old**

### **63-72 months**

- Performs 5 sit-ups in 30 seconds
- Performs 8 push-ups in 20 seconds
- Hops 20 feet in 6 seconds
- Kicks a ball 12 feet in the air
- Bounce catches a ball with one hand
- Takes three consecutive steps on a 2 inch balance beam
- Able to roller skate – with coordination
- Able to perform the monkey bars
- Drop kicks a ball with direction

## **6 - 7 years old**

- Able to rollerblade