

**PHYSICAL
DEVELOPMENT:
GROSS MOTOR**

SPEAKER

Katie Johnson, DPT

- *Pediatric Physical Therapist (13 years)*
 - *Birth to Three- Southern Hills*
 - *SD School Districts: Custer, Hot Springs, Lead-Deadwood, Hill City*
- *Mom to Calvin(6) and Jack(4)*



AGENDA

Brain Development



CDC Milestone Tracker



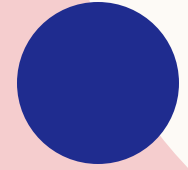
**Common Conditions Related To Gross Motor
Delays**



Physical Development At-home Strategies



BRAIN DEVELOPMENT BY AGE 5



ABANDON WAIT TO FAIL MODEL

Early Intervention:

- Birth to Three Screening
- Preschool Developmental Screening



CDC MILESTONE TRACKER

[CDC Milestone Tracker Video](#)



**Help your child
grow and thrive**

Download CDC's free
Milestone Tracker app

Learn more at cdc.gov/MilestoneTracker

**DELAYED PHYSICAL
DEVELOPMENT
CAN LEAD TO
DELAYED LANGUAGE
AND COGNITIVE
DEVELOPMENT**

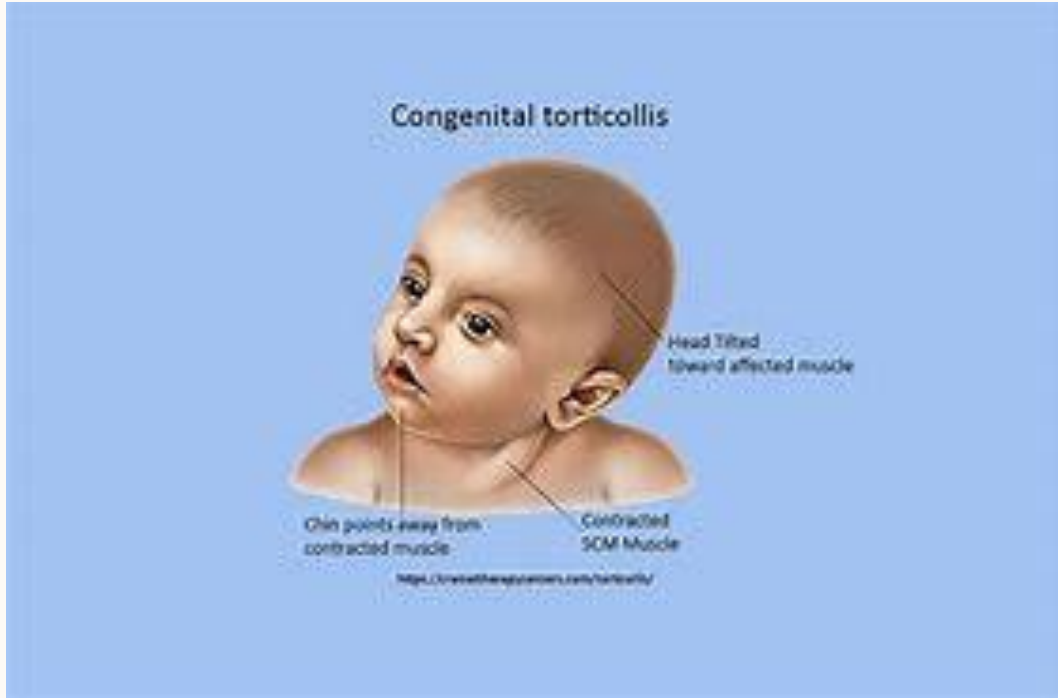
CONTAINER BABY SYNDROME

Causes:

- Delays in rolling, crawling, and standing
- Plagiocephaly
- Torticollis



TORTICOLLIS



PLAGIOCEPHALY



TOE WALKING




- Abnormal when older than 3 years old
- Leads to muscle tightness, limited ankle range of motion, pain and muscle contractors
- Can be associated with other medical condition

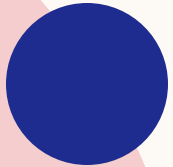




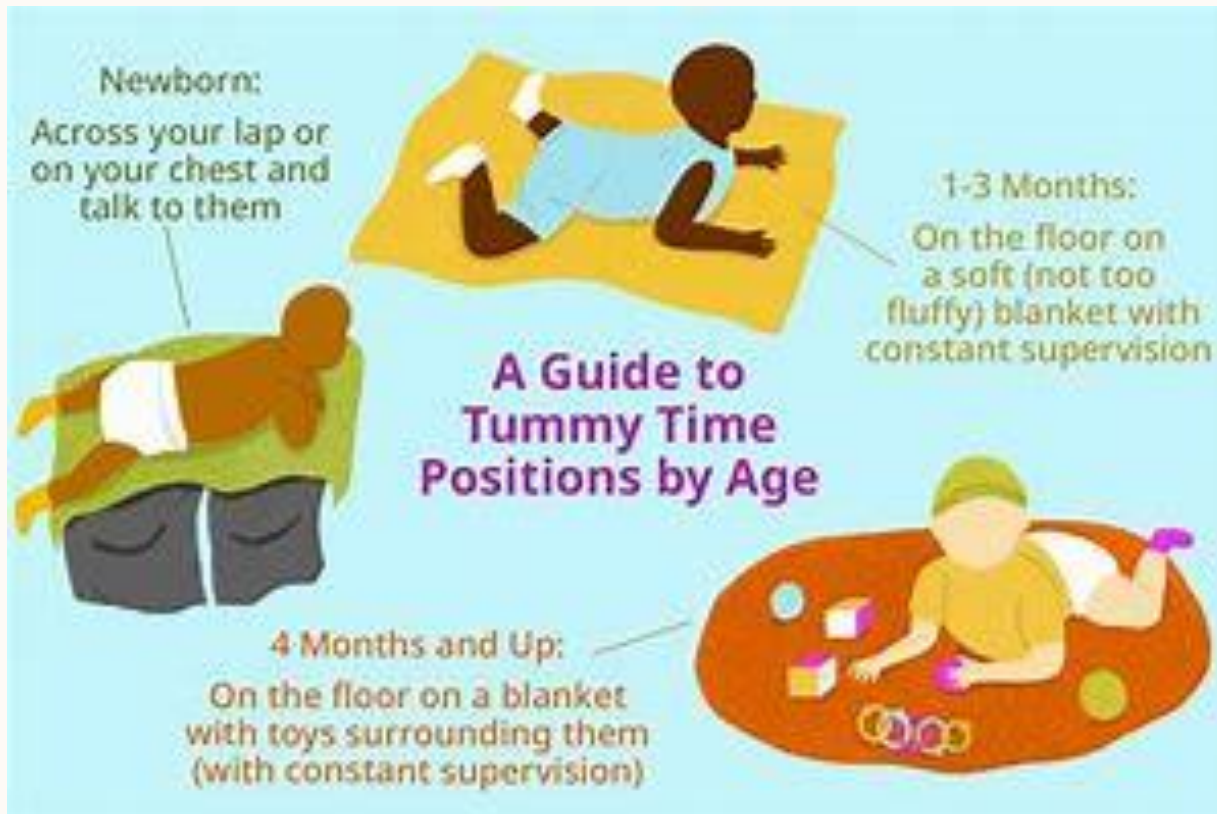
W- SITTING

- Poor Sitting Balance
- Core Strength Weakness
- Lack of weight shifts to develop balance
- Interferes with muscular and skeletal growth
- Impact higher level mobility and fine motor skills

OPTION 1	OPTION 2	OPTION 3
<p data-bbox="621 772 876 953">CRISS-CROSS</p> 	<p data-bbox="1024 772 1309 843">SIDESIT</p> 	<p data-bbox="1398 772 1727 843">LONG SIT</p> 



PROMOTING PHYSICAL DEVELOPMENT AT HOME: 0-12 MONTHS



- Tummy Time:
 - Newborns 3-5 minutes for 2-3 sessions per day
 - Increasing over time to 10-15 minutes for 2-3 sessions per day
- Move sit to stomach/
stomach to sit
- Pull to stand
- Cruise along furniture

PROMOTING PHYSICAL DEVELOPMENT AT HOME: 12-24 MONTHS

- Standing balance while dressing
- Climb onto/ off of furniture
- Crawl or walk up/down stairs
- Throw ball (rolled socks) overhand/ underhand
- Jump
- Run/ walk hurried
- Squat in play



GROSS MOTOR: PRE-K & SCHOOL AGE



- *MOTOR PLANNING**
- *BALANCE**
- *COORDINATION**
- *STRENGTH**



QUESTIONS?



**THANK
YOU**

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