



## Annual Physical Therapy Visit - Pediatric Template

### Resources for Pediatric Physical Therapists

**Purpose:** Designed for pediatric physical therapists, this document contains [links](#) to deepen your knowledge on aspects of the [Annual Physical Therapy Visit - Pediatric Template](#). This is not meant to be an exhaustive list. Additional APTA resources include [APTA Health Promotion and Wellness Council](#), [APTA Pediatrics: Fact Sheets](#) and [American Academy of Pediatrics: Bright Futures](#).

#### **Movement System:**

[APTA Movement System White Paper](#) Created by the APTA for individuals across the lifespan (date):

#### **Physical Activity:**

[Physical Activity Guidelines \(2018\)](#): updated in 2018, these evidence-based guidelines describe the amount of physical activity needed for health for all populations.

[National Center on Health, Physical Activity and Disability Fitness Assessments for Individuals Who Use a Wheelchair](#)



#### **Sleep:**

[American Academy of Pediatrics Sleep Guidelines](#)

[Sleep Health Promotion: Practical Information for Physical Therapists \(2017\)](#)

discusses relevance of sleep, assessment tools and suggestions for therapists to include sleep health into practice.

#### **Nutrition:**

[Nutrition in Physical Therapist Practice: Tools and Strategies to Act Now, \(2021\)](#)

discusses screening tools, interventions strategies and resources to include nutrition into practice.

[CDC Healthy Schools](#): website that includes tips on nutrition and benefits of healthy eating.

#### **Vital Signs:** [Pediatric Norms](#)



**Tests and Measures:** On this page, PTs can access links to familiar tests and measures from APTA website, Physiopedia, or direct links to test forms.

**Aerobic Capacity:**

[Six Minute Walk Test](#)

[2 Minute Walk Test](#)

[Wheelchair Propulsion Test](#)

[\(10M push test\)](#)

**Balance:**

[Pediatric Reach Test](#)

[Single Leg Stance Test](#)

[Pediatric Balance Scale](#)

**Flexibility/Range of Motion (ROM):**

[Norms for Joint ROM: CDC](#)

[Sit and Reach Test](#)

[Body Composition](#)

**Hand and Arm Use:** [Upper Extremity Functional Scale](#)

**Mobility:**

[10 Meter Walking Test for Children with Cerebral Palsy](#)

[Timed Up and Go Test](#)

**Motor Development:**

[Milestones: CDC](#)

[Pathways.org](#)

**Muscle Tone:** [Ashworth and Modified Ashworth Scale](#)

**Pain:**

[FLACC Behavioral Pain Scale](#)

[FACES Pain Scale: Sensation](#)

**Strength:** APTA Fact Sheet

