



Pediatric Physical Therapy Screening Tool (“Red Flags”) for children 3 and above

Possible Signs that a Child May Benefit from Physical Therapy (At any age)

- “Toe” walking, does not use the soles of feet
- Falling frequently for no apparent reason
- Clumsiness
- Not able to clear the floor when jumping up
- Can’t keep feet together while jumping
- Step to step pattern when ascending/descending stairs, or requires railings
- “W” sitting
- Walking their hands up their bodies to achieve standing position
- Using only one side and/or one leg for movements

Signs that a Child May Benefit from Physical Therapy by Age:

- 3 years: Unable to maintain balance to kick a ball
- 3 years: Unable to maintain a pedaling pattern when riding a tricycle
- 3 years: Cannot walk in a straight line
- 4 years: Cannot swing independently
- 4 years: Cannot hop on one foot or jump in place
- 4 years: Cannot hop on one foot
- 4 years: Cannot throw a ball overhead
- 4 years: Unable to change directions while walking without losing balance
- 5 years: Avoids or seems fearful to climb on upper level playground equipment or on changing surfaces

Red Flags in the Classroom

- Difficulty sitting upright
- Falling out of chair
- Difficulty sitting still and attending to classroom tasks