

## When to Refer Students to Physical Therapy

Physical Therapists (PTs) can address concerns regarding the following skills as it pertains to the **school setting**

- Providing & adjusting appropriate/ required equipment
- Educating on proper lifting, transferring techniques
- Gait (walking) or strength retraining skills
- Improving Muscle imbalance, range of motion, mobility, coordination and balance
- Providing education to EA's, teachers and family on physical diagnosis & its implications
- Assisting and coordinating of community, school and home resources
- Providing direct physical therapy intervention through personalized treatment programs

If you are observing any of the following 'red flags' in the **school setting**, please consult PT for a screening:

- Difficulty with walking mannerisms (gait pattern)
- Physical challenges with school play
- Difficulty participating in gym-time activities
- Inappropriate gait aid fitting
- Unsafe or concerning gait pattern
- Musculoskeletal pain, imbalance, weakness, limitation
- Developmental delays
- Poor muscle coordination and/or motor planning [Can liaise with OT]
- Poor postural control
- Walking instability
- Trouble planning essential play/daily movement
- Lack of balance
- Lack of hand-eye coordination
- Delays in walking, running, stairs, jumping or other large movements
- Concerns in lack of strength
- Limited range of motion, debilitating daily play/activities
- Facial asymmetry

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