

Physical Therapy

Early Intervention
Provider
Fact Sheets



What is Physical Therapy (PT) in Early Intervention?

Physical therapists in early intervention (EI) support a child's engagement in their natural environment by supporting their physical ability to access their surroundings. Physical therapists promote participation in desired daily activities by supporting a child's balance, coordination, endurance, posture, and strength to help the child and their family engage in the activities most meaningful to them.

How would a physical therapist support your family?

Gross Motor

- Sitting, crawling, walking, running, jumping, tricycle riding
- Postural support
- Accessing play environment (home, playground, classroom)

Durable Medical Equipment

- Consultation
- Recommendations

Movement and Mobility

- Balance and posture
- Coordination
- Strength
- Endurance
- Range of motion

Play Skills

- Play milestones
- Social interaction (family/peers)

Independence with Daily Routines

- Morning (waking-up)
- Day-to-day (home or daycare)
- Evening (bedtime)
- Mealtime (set-up, before and during)
- Community outings (grocery store, library, park, etc.)
- Transitions between activities

When should you seek out a physical therapist?

If you have concerns about any of the areas listed above, talk with your pediatrician, or seek out an evaluation through **EI CO** (the website is listed below). Anyone can place a referral, even you! If your child is found eligible for EI services following an evaluation, you and your family's team will identify your child's greatest area of need and the most applicable provider will be paired with your family.

What is the Primary Service Provider Model?

The approach of choosing the most applicable provider for the identified needs is called the Primary Service Provider Model. EI practitioners support children in all areas of child development, and offer wide varieties of expertise. In many cases, each provider is supported by a team of additional disciplines to support well-rounded care for each family. If you and your child are already receiving EI services, and your child needs additional support in an area that your current provider feels would be better addressed by a physical therapist, you can reach out to schedule a meeting with your service coordinator to discuss the possibility of adding an PT to your team. Providers may be added to the Individualized Family Service Plan (IFSP), based on available resources and necessary approval.

What should you plan to discuss with your PT?

The goal of working with a physical therapist is to support your child and your family in your everyday life. Share the tasks that are difficult for you and your child, including motor concerns and independence. Share the goals you have for your child and your family, and things that you wish would be easier. Your physical therapist may ask what you are currently trying, and provide suggestions based on your child and your family goals.

Helpful Resources

[EI Colorado Website](#)

[APTA Pediatric PT Fact Sheet](#)

[JFK Partners ENRICH Fact Sheets](#)



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