Your Child's Physical Therapy Evaluation



What can I expect at my child's physical therapy (PT) evaluation?

After your child's doctor refers your child for a PT evaluation:

- Make an appointment for a PT evaluation at one of our outpatient locations by calling our rehabilitation scheduling department at 404-785-7100 or going to choa.org/rehabappointment.
- Your child's evaluation is scheduled for a two-hour session.

What do I need to do before my child's evaluation?

- Arrange childcare for your other children so that you can take part in your child's evaluation.
- Complete the case history form included in our welcome packet and on **choa.org/rehabcontact**.
 - Answer all of the questions about your family and your child's health and development.
 - List any concerns you have about your child. This could provide us with information that may be useful during the assessment.
 - o Bring the completed case history with you to the evaluation.
- Please make sure your child wears comfortable clothing that allows for ease of movement. Sometimes, clothes may need to be removed, so that body parts may be seen.

What can I expect during the evaluation?

At the PT evaluation, the therapist will:

- Talk with you and your child about your concerns and health history.
- Check your child and perform certain tests to learn more about his problem.

The evaluation may be used to find out about your child's arms, legs, neck and trunk:

- Range of motion
- Muscle strength
- Muscle tone and stiffness (spasticity)

The physical therapist may look at your child's:

- Motor skills (reflexes, coordination, balance, how he climbs stairs, runs, jumps, hops and skips)
- Gait (the way your child walks, how long he can walk)
- Need for equipment (such as wheelchairs, assistive devices or items for positioning or hygiene)

If you have any questions, call the Children's location where your child will be evaluated. Ask to speak with the therapist you are scheduled to see.

Go to **choa.org/rehablocations** to find a phone number for your outpatient location.