



**PEDIATRIC  
THERAPY  
SERVICES** | where  
children  
learn and leap

## What child might benefit from

## Physical Therapy?

*Children who are birth to  
18 years old and may display  
some of the following:*

### Head

- Holds head tilted to the same side most of the time
- Displays Plagiocephaly, Brachiocephaly, or Scaphocephaly
- Has difficulty holding head up
- Dislikes being on tummy
- Has a diagnosis of Torticollis
- Has low muscle tone

### Shoulder/Arm/Hand

- Has diagnosis of Brachial Plexus injury
- Has hypertonicity or hypotonicity
- Has weakness, asymmetry or restricted ROM of upper extremity
- Has difficulty using hands
- Does not load arms forward for pulling self on tummy
- Has diagnosis of JRA
- Has diagnosis of Arthrogryposis
- Has cortical thumb
- Has diagnosis of Polydactyly, Syndactyly or Hypoplastic thumbs

### Chest/Trunk/Back

- Has asymmetrical rib/spinal mobility
- Has deviated umbilicus or areola position with or without functional movement
- Has hemi-vertebra
- Has diagnosis of Spinal Bifida
- Has a diagnosis of neuromuscular disease
- Has Lordosis, Scoliosis, Kyphosis

### Pelvis/Hip/Leg/Feet

- Has limitation in ROM of the lower extremity
- Has weakness or muscular asymmetry in the lower extremities
- Has genuvarus or genu valgus
- Has dysplasia/subluxation or dislocation of the hip
- Has hypermobility of joints
- Displays unequal weight-bearing
- Creeps with hitch pattern/one leg up, one leg down
- Has delayed milestones/late walker
- Displays deviations in gait
- Has diagnosis of JRA
- Has diagnosis of club foot
- Has diagnosis of slipped Capital Femoral Epiphysis
- Has diagnosis of Legg-Calve-Perthes Disease
- Has limb-shortness
- Has stiff arms and/or legs
- Is not reaching developmental milestones
- Walks on toes frequently
- Slaps feet when walking
- Has difficulty maintaining posture
- Is clumsy, has poor balance and/or poor coordination
- Is unable to keep up with peers

### Sports Specific Injuries

- ACL-strengthening, pain reduction, & biomechanical alignment
- Low Back pain
- Iliotibial band tightness
- VMO issues
- Ankle sprain/strain
- Patella femoral syndrome
- Rotator cuff sprain/strain
- Scapulo-humeral rhythm restoration
- Post-fracture rehab
- Foot/ankle muscle imbalances
- Soft tissue injuries
- Knee sprain/strain

### Treatment

- Screening
- Diagnosis specific
- Developmental Therapy
- Modalities
- Pain Reduction
- ROM
- Strengthening
- Core stability
- Joint protection strategies
- Injury prevention
- Activity progression
- Restoration of muscular balance
- Agility Training
- Sports Specific Training
- Taping Techniques
- Custom Orthotics
- Customized HEP

### Accepted Insurance Companies

- Blue Cross Blue Shield - All Plans
- Beechstreet/CappCare
- Children's Medical Services
- Cigna - All Plans
- Citrus - Commercial
- First Health Services-HMO/PPO
- First Health Network
- Great West
- Heritage Insurance
- Humana - All Plans
- McCreary
- Principle Financial/Southcare
- ProNet
- Medicaid-Medipass, Healthy Kids, UHC Americhoice M Plus, Simply Healthcare
- Tricare - All Plans
- United Healthcare

### Out Of Network Plans Accepted

- Aetna Health Plan

Two clinics serving the greater Lakeland and Brandon areas

*Referrals contact:*

### *Pediatric Therapy Services Clinics:*

#### **Lakeland Office:**

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