

Pediatric Physical Therapy

A guide for talking to your doctor

We work with children who have trouble meeting developmental markers or participating in everyday activities.

Our physical therapists are trained to evaluate and care for children of all ages and at all levels of need. We use the most up-to-date tests and measures to help your child develop, improve or regain skills.

Request a referral

Your family physician or pediatrician will need to write an order for physical therapy. This guide can help you talk to your doctor about the challenges your child is facing.

Once your doctor writes the order, someone from our scheduling department will call you to set up an appointment at the location of your choice.

What is physical therapy?

Physical therapy helps children improve their movement and motor skills.

You may want to see a physical therapist if your child is facing challenges in any of the following areas:

- Achieving age-appropriate gross motor skills (rolling, sitting, crawling, walking, jumping, etc.)
- Being able to maintain balance in daily activities (i.e. having sufficient strength to avoid falls while playing or walking)
- Maintaining a healthy body weight and the ability to exercise
- Maintaining the appropriate muscle tone to sit, move, walk, etc. (certain medical conditions can cause low muscle tone)

How we can help

The physical therapist will work to:

- Improve your child's strength, coordination and balance
- Learn new skills or regain previously mastered skills
- Relieve joint pain
- Restore motion for children who have had surgery, or those with conditions affecting the muscles, bones, and/or joints
- Strengthen and lengthen muscles
- Improve balance and dizziness issues

Physical therapy appointments

Phone: 612-273-6228

Toll-free: 1-855-255-9212

Locations

- Burnsville
- Eagan
- Edina
- Maple Grove
- Maplewood (opens Dec. 3, 2018)
- Minneapolis
- New Hope
- Pine City
- Princeton
- Woodbury
- Wyoming

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