

Developing a sense of enjoyment for physical activity and ideal movement patterns in the early years is imperative to building healthy habits for life. As children mature, it is important to be engaged in a wide variety of physical activities in order to develop balanced movement patterns, and to prevent impairments due to over or under activity.

Physical activity plays a key role in many aspects of a child's development, including:

- **Physical Fitness**
- **Social and Group Skills**
- **Self Confidence**
- **Healthy Bone/Muscle Development**
- **Maintenance of Healthy Body Weight**
- **Contribution to Good Sleep Patterns**
- **Focus for Learning**
- **Positive Outlook**

Early identification of any limitation to a child's physical output is vital to assisting each child in maintaining a healthy lifestyle. Some obstacles are easily identified, such as a neurological disorder or a sports injury, and others may be more difficult to clearly identify, such as decreased co-ordination. In all cases, it is important to provide a child and family with strategies and resources to maximize physical activity and promote a child's healthy growth and development.

Physiotherapy is an effective, evidence-based option to help children maintain, enhance, or restore movement and physical function. Physiotherapy can help children to improve:

- **Gross Motor Skills**
- **Strength**
- **Flexibility/Range of Motion**
- **Balance and Co-ordination**
- **Posture and Joint Alignment**
- **Motor Planning**
- **Cardiovascular Status and Endurance**
- **Respiratory Function**
- **Confidence in Physical Skills**
- **Physical Activity/Sports**

An infant/pediatric physiotherapy assessment is comprehensive and is specific to the age of the child. In addition to specific physical components, numerous other factors are considered, including a child's developmental stage, interests, participation level, lifestyle and family dynamics. Our physiotherapists will work with each child and family to determine specific goals and a customized plan for therapy that is engaging and effective.

**The key to physiotherapy for kids is FUN!** Our services are evidenced-based and family centered. Our therapists have extensive training and offer a myriad of therapeutic techniques. But what kids will say, is "That was fun!" Providing children with an engaging and age-appropriate environment, with professionals trained in pediatrics, will improve children's enjoyment, families' compliance and long-term outcome.

Our ultimate goal is to enhance each child's long-term physical abilities, confidence and freedom of movement.

We invite you to contact our clinic for more information about our clinic and therapy services for infants, children and teens.

