



Physical Therapy Across the Lifespan

Childhood & Adolescence

Physical therapy, through personalized health plans, supports children at every stage of growth, helping them build strength, confidence, and health habits that last a lifetime, no matter individual needs or abilities.

“I want to support my child’s strength, mobility, and skills development ...”

“I want my teen to move more, feel better, and build healthy habits that support physical and mental health ...”

Why Physical Therapy Matters for Children and Teens

Physical therapy helps children improve their movement, function, and overall health. Whether your child is recovering from an injury, managing a chronic condition, or working to meet developmental milestones, physical therapy can make a meaningful difference.

Pediatric physical therapists are experts in motor development and movement. They work closely with families, caregivers, and educators in schools to create personalized care plans that promote independence, prevent injury, and enhance participation in everyday activities — from school to sports to play.

How Physical Therapy Helps Young People Thrive

Physical therapists and physical therapist assistants help children and teens:

- ✓ Develop motor skills like balance and coordination
- ✓ Reach important milestones and increase mobility
- ✓ Gain independence in everyday activities
- ✓ Join in more at school, play, and community life
- ✓ Build strength and endurance for daily activities and sports
- ✓ Promote overall health and wellness

Examples of Common Specialty Areas in Childhood and Adolescence May Include:

- **Pediatric Physical Therapy:** Focuses on growth, motor skills, and functional movement
- **Neurologic Physical Therapy:** Addresses conditions affecting the brain and nerves
- **Sports Physical Therapy:** Supports young athletes recovering from injury and optimizing performance



Physical therapists can be visited directly without a referral in all 50 states and Washington, D.C. Take the next step to support your child’s health and development. Visit ChoosePT.com/find-a-pt to find a physical therapist near you.