



“I Can” Pediatric Therapies, LLC

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Physical Therapy Developmental Milestones: Ages 0-5

0 months

Turns head side to side in prone (on belly)
Upright-bobs head but stays erect
Supine (on back)-kicks feet alternately
Upright-bears small fraction of weight on feet
Props on extended arms
Rolls to supine from prone

6 months

Sits with trunk erect in a chair
Reaches in prone
Assumes quadruped in prone
Sits unsupported for 30 seconds
Rolls to prone from supine
Crawls

12 months

Walks by him/herself
Creeps up stairs
Throws a ball with some cast
Squats to play
Walks backwards
Runs stiffly
Climbs into an adult-sized chair
Walks down stairs with hand-held assistance

24 months

Walks up and down stairs non-reciprocally
Steps onto a balance beam
Kicks a ball
Jumps down from a low step with feet together
Walks on tiptoes
Rotates when coming to stand from a supine position

36 months

Stand on one foot without support for 3-5 seconds
Jumps off the floor with both feet without support
Walks up stairs with alternating feet
Jumps forward with feet together
Rides a tricycle
Catches a large ball with arms extended
Walks on tip toes greater than 8 feet

48 months

Stands on one foot for 3-6 seconds
Throws a ball with good aim 5-10 feet
Gallops
Completes a somersault
Catches a tennis ball with two hands from 5 feet

60 months

Walks down stairs with alternating feet
Hops on one foot
Stands on one foot for 8 seconds
Skips with alternating feet
Walks forward on a balance beam without falling off >6 steps
Kicks a ball into the air

A child may need to be referred for Physical Therapy if several of the above areas have not been met within the appropriate age ranges and creates a functional delay or problem.