

Physical Therapy Pre-Referral Interventions

Areas of Concern:	Things to Try:
Out of Seat Behavior	<ul style="list-style-type: none"> ● Tape a square around the desk to define boundaries ● Provide the opportunity for movement ● Have a predetermined signal or cue ● Allow student to stand at desk to complete work ● Schedule a break ● Trial alternate seating for movement (two tennis ball on opposite chair legs, turn seat around at desk, wobble seat, disco cushion, ball seat, etc.)
Trouble Sitting at Circle	<ul style="list-style-type: none"> ● Sit on a carpet square or shape ● Allow alternate seating on floor ● Sit at the back or side and allow to stand ● Provide a "quiet fidget"
Horseplay Physical Intrusion	<ul style="list-style-type: none"> ● Tape a square around personal desk space to define boundaries ● Teach limits of personal space and explain everyone has different comfort zones ● Ensure adult supervision, particularly during transition ● Provide the opportunity for movement ● If work is complete, allow to run errands ● Increase "heavy work" opportunities for focus and calming- pushing a heavy chair across the floor, carrying a bag or box of books, do animal walks in the classroom (bear walk, crab walk, march, etc.), provide a high energy movement break (Go Noodle) followed by deep breathing 3 -4 breaths to center and calm.
Difficulty sitting up during writing	<ul style="list-style-type: none"> ● Check posture (feet on floor and elbows on desk) ● Lower desk ● Pull chair into the desk ● Allow student to rest on the desk to "stabilize" better for writing ● Allow student to stand to complete work ● Dycem on chair ● Turn chair around or to the side ● Trial alternate seating for movement (two tennis ball on opposite chair legs, turn seat around at desk, wobble seat, disco cushion, ball seat, etc.)
Out of chair during writing	<ul style="list-style-type: none"> ● Tennis balls diagonal on chair legs to encourage quiet rocking ● Sit on disco seat or slightly inflated beach ball ● Work at a standing desk ● Work with paper taped on the wall or board with student standing, tall kneeling or half kneeling.
Gait Abnormalities- Toe walking Feet turning in or out	<ul style="list-style-type: none"> ● Verbal reminders to put heels down ● Verbal reminders to slow down ● Some positions can be developmental and can "grow out of it" ● Can refer concerned parents to talk to pediatrician/outpatient PT if needed ● If significantly affecting balance, safety and ability to keep up with peers- possible referral for School PT Evaluation
Tripping or Stumbling	<ul style="list-style-type: none"> ● Double check footwear- too big or small, laces untied, etc ● Increased Verbal reminders to attend ● Make clear transition spaces in the room if needed for safety. ● Increase "heavy work" opportunities for focus and calming- pushing a heavy chair across the floor, carrying a bag or box of books, do animal walks in the classroom (bear walk, crab walk, march, etc.), provide a high energy movement break (Go Noodle) followed by deep breathing 3 -4 breaths to center and calm. ● If significantly affecting balance, safety and ability to keep up with peers- referral for School PT Evaluation