

Physical Therapy Goals

1. XXXXXXXXXXXXX will negotiate a multi-step obstacle course (e.g., balance beam, ramp, curb, stairs, climbing equipment) for 5 repetitions with moderate assistance.
2. XXXXXXXXXXXXX will maintain her present range of motion and flexibility of lower extremities .
3. XXXXXXXXXXXXX will maintain static standing balance with feet shoulder-width apart and supervision to improve her safety in standing position.
4. XXXXXXXXXXXXX will squat to pick object off ground and return to upright with CGA and no UE support to improve her gross motor skills.
5. XXXXXXXXXXXXX will reach to floor to pick up object off ground and return to upright with supervision in short sit position to improve her trunk strength.
6. XXXXXXXXXXXXX will transition from short sit to stand with supervision and no UE support.
7. XXXXXXXXXXXXX will exhibit posterior protective reactions to improve her safety in sitting position.
8. XXXXXXXXXXXXX will maintain quadruped position 30 seconds independently to improve her gross motor skills.
9. XXXXXXXXX will reach for object 3x with LUE in quadruped position with supervision to improve her gross motor skills.
10. XXXXXXXXXXXXX will reach for object 3 x with RUE in quadruped positions with supervision to improve her gross motor skills.
11. XXXXXXXXXXXXX will creep forward 10' with minimal assistance, demonstrating cross lateral position .
12. XXXXXXXXXXXXX will pull self to standing position with minimal assistance 3 x.
13. XXXXXXXXXXXXX will cruise 15' with supervision.
14. XXXXXXXXX will transition from floor to stand with BUE support and supervision 3X consecutively through L ½ kneel.
15. XXXXXXXXX will throw a ball forward x3 feet for improved environmental awareness and age appropriate ball play.
16. XXXXXXXXX will kick a ball forward x3 feet without significant deviation for improved single leg balance and age appropriate ball play.
17. XXXXXXXXXXXXX will jump with both feet together for 15 seconds.
18. XXXXXXXXXXXXX will use feet to move on a "ride-on" toy without pedals for 5 minutes.

19. XXXXXXXX will pull to stand from a kneeling position 3 x during a session with verbal cueing only.
20. XXXXXXXX will assume a standing position from half-kneel position with handheld and verbal cueing 2X during a session.
21. XXXXXXXX will complete 3 out of 4 steps of an obstacle course without physical prompts a minimum of 2X during a treatment session.
22. XXXXXXXX will transition to the floor by shifting her weight forward and utilizing upper extremities for support with decreasing physical prompts.
23. XXXXXXXX will perform squat to stand while lifting a lightly weighted object off a raised surface 3X during a session.
24. With trunk support, independently initiate raising leg to take step up on stairs 4X.
25. Negotiate up 1 flight of stairs with minimal assistance.
26. Ambulate over and around obstacles in path without loss of balance or hitting object independently with 80% accuracy.
27. Ambulate 100 ft. on an uneven surface independently and with good balance 4/5X's.
28. Perform upper, lower and trunk strengthening exercises each session.
29. Transition from sitting on floor to standing with minimal assistance 4/5X's.
30. Perform AROM and PROM exercises, upper and lower extremity and trunk each session.
31. Maintain single leg standing, with minimal support, 5 seconds.
32. Perform weight-bearing exercises on her upper extremities, while prone over large exercise ball to increase trunk and upper extremity strength, 2 minutes 4/5X's.
33. In standing, reach overhead across midline for object, without loss of balance 4/5X's.
34. XXXXXXXX will bend down to pick up reinforcing items from a low stool independently with 90% accuracy over 2 consecutive sessions.
35. XXXXXXXX will bend down to pick up non-reinforcing items from a low stool with 90% accuracy over 2 consecutive sessions.
36. XXXXXXXX will bend down to pick up items from any surface with some prompts with 90% accuracy over 2 consecutive sessions.
37. XXXXXXXX will bend down to pick up items from any surface with 90% accuracy over 2 sessions.

38. XXXXXX will walk up or run up and kick a medium size, rolling ball without losing balance for 5 repetitions.
39. XXXXXXX will stand on one leg for 1 second.
40. XXXXXX will stand on one leg for 3 seconds.
41. XXXXXX will ascend and descend stairs with a step over step pattern using a handrail.
42. XXXXXX will jump from a 6-inch step with both feet landing together.
43. XXXXXX will jump from a 4-inch step with both feet landing together.