

Age	Skill
4 years	Expertly rides tricycle / Jumps off 2 steps.
4 years 6 months	Skips on alternate feet / Can run upstairs.
5 years	Hops forwards and backwards / Touches toes with knees straight.

Physiotherapy Department's Contact Details

Royal Aberdeen Children's Hospital

Physiotherapy Department, Westburn Road, Foresterhill, Aberdeen AB25 2ZG
Telephone **01224 552669**.

Aberdeen (North) Child Development Team

Bucksburn Academy, Kepplehills Road, Bucksburn, Aberdeen AB21 9DG
Telephone **01224 710775**.

Aberdeen (Central) Child Development Team

Mile End Community Centre, Midsocket Road, Aberdeen AB15 5LQ
Telephone **01224 498139**.

Aberdeen (South) Child Development Team

Please contact Royal Aberdeen Children's Hospital for up-to-date contact details.

Kincardine + Deeside Child Development Team

Kincardine Community Hospital, Stonehaven AB39 2NJ
Telephone **01569 792028**.

Inverurie Child Development Team

Inverurie Hospital, Upper Boat Road, Inverurie AB51 3UL
Telephone **01467 672771**.

Fraserburgh Child Development Team

Health Clinic, Hillcrest, Fraserburgh AB42 9NB
Telephone **01346 585143**.



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Ask for publication CGD 200052

CCH Paediatric Physiotherapy Service

Pre-Referral Guidance for Gross Motor Development Assessment

Children develop at different rates and there are many factors which will have an impact on this rate.

This guidance has been produced to assist in identifying those children who may need a formal physiotherapy assessment, and to reassure parents whose children do not reach their gross motor developmental milestones at the 'right' time.

When to Refer:

- If the child has a gross motor developmental delay of more than 3 months when aged between 12-15 months or more than 6 months when aged over 18 months when assessed with the Health Visitors' screening tool, **OR** if they are showing atypical postures or motor patterns, then a referral to physiotherapy is appropriate.

When not to Refer:

- If a child is achieving the developmental motor milestones in order, is using typical patterns of movement and has a delay of less than 3 months if aged 12-15 months **OR** a delay of less than 4 months if aged 15 months or more when assessed with the Health Visitors' screening tool, then a referral to physiotherapy is not required.
- All children with muscle tone which is mildly decreased or at the lower end of typical range will have a degree of developmental delay due to their lack of stability. Unless there is also pain or the child has atypical postures or movement patterns, physiotherapy referral is NOT required.

Red Flag Indicators – always refer!

Up to 6 months of age:

- Strong extension, minimal flexion.
- Marked hypotonia.
- Persistent asymmetrical postures.
- No sustained head raise in prone.
- Unilateral upper limb use.

Up to 12 months of age:

- Any of the above.
- Lack of movement transitions.
- Poor or no independent sitting.
- Poor acceptance of assisted weight-bearing in standing.
- Tightness in any joint (upper or lower limbs).

Over 12 months of age:

- Any of the above.
- Inability to crawl.
- Inability to stand unaided for more than 3 seconds.
- Inability to stand with heels down.
- Difficulty getting on / off the floor.



Over 18 months of age

- Not walking independently.

Over 3 years:

- Any of the above.
- Unable to jump on the spot, clearing both feet.
- Unable to stand on one foot.

The Paediatric Physiotherapy Department and Child Development Teams have been moving towards accepting requests for assistance from other agencies, as well as from Royal Aberdeen Children's Hospital (RACH) medical staff and from General Practitioners. Please contact local physiotherapists for up-to-date advice on how to refer to our service using the telephone numbers at the end of this leaflet.

Information taken from:

- From Birth to Five Years, Children's Developmental Progress, by Mary Sheridan.
- Lois Bly Motor Skills Acquisition Checklist
- Peabody Assessment
- NHS Grampian Child Development Team Assessment Chart.
- www.cafamily.org
- Gale Encyclopaedia of Children's Health.

Developmental Milestones

This list is for guidance only and is not exhaustive. If in doubt, please contact your local physiotherapist prior to referral.

Age	Skill
3 months	Prone – weight bears on forearms.
4 months	Pulled to sit – no head lag.
5 months	Supine – raises head and holds hands out to be lifted.
6 months	Rolls in either direction / Sits with hands forwards for support.
8 months	Sits steadily for up to 10 minutes.
10 months	Crawls on all fours.
1 year	Stands alone for a few moments.
1 year 3 months	Walks without help.
1 year 6 months	Pushes or pulls large wheeled toy.
1 year 9 months	Picks up objects from the floor without falling.
2 years	Runs avoiding obstacles / Propels tricycle with feet on the ground.
2 years 6 months	Walks on tiptoe / Jumps with both feet.
3 years	Goes upstairs, using a rail, placing one foot per step / Goes downstairs using a rail, placing 2 feet per step.
3 years 6 months	Hops on one foot / Stands on one foot for up to 5 seconds.

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