

## LOCATIONS

Assessments are primarily completed at the locations listed below.

Carle Urbana North Annex  
810 W. Anthony Dr., Urbana, IL  
(217) 383-3400

Carle Therapy Services Mattoon/Charleston  
5731 Park Dr., Charleston, IL  
(217) 238-5666

The Carle Foundation complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

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# Pediatric Physical Therapy

CARLE THERAPY SERVICES



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We provide infants and children of all ages therapeutic intervention to help with movement, motor development and body function.

### SERVICES

- Gross motor therapy - includes using the large muscles of the body for activities like rolling, crawling, walking, jumping, riding a bike and climbing stairs.
- Mobility training - includes strengthening weakened muscles, loosening tightened muscles, restoring range of motion and stabilizing joints to improve control/balance.
- Balance intervention - includes both "static" (e.g., sitting upright) and "dynamic" balance (e.g., hopping on one foot to play hopscotch).
- Alignment therapy - includes how the head, shoulders, spine, hips, knees and ankles relate and line up with each other.
- Orthotics/braces - includes making and fitting orthotics inserts and braces.
- Prosthetic training - includes gaining optimal mobility, increasing endurance and maximizing comfort/function while using a prosthetic.
- Equipment recommendations - includes adaptive equipment such as wheelchairs, bikes, tricycles, etc.
- Aquatic therapy - includes strategies for pain reduction and strengthening.

### HOW TO KNOW IF A CHILD NEEDS THERAPY

- Track the child's developmental milestones (ASQ, M-CHAT, CDC Milestone Tracker app for parents).
- If you're concerned about gross motor skills it's better to schedule an evaluation sooner rather than later.

### PATIENTS WE SEE

- Infants and children of all ages and abilities.
- Children with and without specific diagnoses including toe walking, torticollis, autism spectrum disorder, cerebral palsy, Down syndrome, orthopedic conditions and neurological impairment.

### PREPARING YOUR PATIENT FOR THE FIRST VISIT

- The first appointment will be an evaluation, discussing concerns with the parent(s) and child (if they're able) as well as a standardized test depending on the child's age and current status.
- Following the evaluation, appointments will include direct treatment with the child as well as parent education and training so families can work on skills at home.

### REFER A PATIENT

Choose one of these three convenient ways:

- Submit an internal referral through Epic.
- Call us with the referral at (866) 402-2753 or (217) 383-4040.
- Fax a prescription to (217) 383-6176.

### INSURANCE

Patients should contact their insurance provider to determine coverage before making an appointment.