

# What does a PT session look like?

-Full evaluations that cover reflexes, posture, strength, alignment, visual tracking, gait, mobility, speech, endurance, and more.

-Treatment sessions that will address your child's deficits, build their confidence, discover new strengths and allow them to interact with their peers.

-Sport Rehabilitation that will focus on your child returning to their previous level of sport function with and efficient treatment sessions in mind to also eliminate pain and discomfort.

-Therapist who understand and adapt treatment sessions to adapt and meet the need of children with Autism or ADHD.

-Therapist's that are personally invested in your child, their success and growth. Staff that are dedicated to provide exceptional care.

TLC Kids Therapy: Main  
502 E Ramsey Rd. San Antonio,  
78216  
210.490.3900

ABA with TLC  
200 E Ramsey Rd. San Antonio,  
78216  
210.418.2500

TLC Kids Therapy: Coronado  
962 Coronado Blvd. Universal City,  
78148  
210.526.4100

contact@tlckidstherapy.com  
www.tlckidstherapy.com

Follow us on social media!

www.facebook.com/tlckids-  
therapy  
@tlckidstherapy



# Physical Therapy with TLC Kids Therapy



Developing regular physical activity habits in children and adolescents is essential for growth and development. If continued into adulthood, physical activity can reduce the risk of developing many chronic diseases and also improves them.



## How do you know if your child needs physical therapy?

1. After an injury from a fall or sporting event.
2. After surgery.
3. If they frequently trip or seem off balance.
4. If your child has difficulty keeping up with peers.
5. If they do not crawl on hands and knees after 9-11 months.
6. If they do not walk by 12-15 months.
7. If your child has difficulty with coordinating tasks such as jumping or hopping.
8. If your child chronically complains of pain in the same body part.
9. If your child is developmentally delayed.

Please ask for a screen by a PT, if you feel your child has the mentioned above.

## What does a PT do?

- Increases your child's function with stretching and strengthening to allow them to participate in age appropriate activities .
- Evaluate and treat children with neuro, ortho, and developmental diagnoses.
- Aid children in the improvement of gross motor skills, balance, strength, and mobility.
- Determine appropriate orthotics and equipment for patients.
- Provide progressive home program and education to empower family to recognize deficits and encourage them to address.

## Our patients may be here for:

- Scoliosis and other Orthopedic concerns
- Specific Sport Injuries such as; Ligament sprains, muscle strains, overuse injuries, inflammation causing pain, post-op recovery, and post bone fractures.
- Premature Infants
- Developmental Delays
- Down Syndrome
- Osteogenesis Imperfecta
- Amputees
- Spina Bifida
- Torticollis and Plagiocephaly

## How are our techniques different?

We have unique skill sets.

When your child is receiving physical therapy at TLC Kids Therapy, our PT's have unique training gained through formal coursework , mentorships with techniques such as Myofascial Release, Craniosacral Therapy and reflex intervention. We have found that the combined use of these and other intervention techniques have proven to give excellent results in a child's journey to independence and function.

## We're intentional with our treatments

We believe in treating the whole child; not just their symptoms. Our therapists are also child-led in their session approaches. This means the child is actively engaged in their own intervention, leading to an elevated outcome at the end of their time with us. Our skill sets and training assure that our intervention with patients helps the child regain independence and leave our clinic feeling great about themselves and their accomplishments.

