



**Pediatric Physical Therapy Services, PLLC**

*Excellence and Experience*

## *Coordination and Balance Difficulties*

Some children have difficulty with coordination and balance making it challenging for them to keep up with their peers during motor play or during sports activities. There may not be a known reason for these difficulties but over time the child begins to shy away from participation in difficult motor activities, which impacts peer interaction and socialization.

Children with coordination and balance disorders can dramatically improve coordination and balance with training. A physical therapist can help create a training program that addresses these difficulties. This type of training involves breaking down difficult tasks into specific movements that are then practiced repeatedly. This type of training works best if done intensively over a short period of time - just like athletes train.

### Therapy interventions for coordination and balance

- Movement drills
- Strength training for weak muscles
- Balance training
- Teaching the child how to focus his/her attention



Research has shown that in order to learn new movement patterns the person has to be focused and engaged in the activity.

Therapy for children with coordination and balance difficulties can be provided individually or in a small group of 3-4 children/youngsters. Over the summer, 2010 intensive periods of training is offered in our well equipped clinic in Henrietta. Intensity of training is individualized to meet the needs of the child and family.



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