

## OTHER IRG CLINIC LOCATIONS

### ARLINGTON PHYSICAL THERAPY

360-483-8238  
360-483-8917 Fax

### EDMONDS HAND THERAPY

425-673-2673  
425-673-2660 Fax

### EVERETT PHYSICAL THERAPY & SPORTS PERFORMANCE CENTER

425-252-3908  
425-252-7940 Fax

### EVERGREEN PHYSICAL THERAPY CENTER AND PILATES STUDIO

425-252-1642  
425-258-1824 Fax

### GRANITE FALLS PHYSICAL THERAPY

360-691-4835  
360-691-2543 Fax

### MUKLETO PHYSICAL THERAPY

425-349-0692  
425-349-9694 Fax

### MURPHY'S CORNER PHYSICAL THERAPY IN MILL CREEK

425-337-9550  
425-337-9186 Fax

### PACIFIC AVENUE HAND THERAPY

425-374-2846  
425-374-0277 Fax

### REDMOND RIDGE PHYSICAL THERAPY, LLC

425-836-1803  
425-836-0037 Fax

### SILVER LAKE PHYSICAL THERAPY

425-377-3166  
425-338-4596 Fax

### SNOHOMISH PHYSICAL THERAPY, LLC

360-568-7774  
360-568-7779 Fax



Evergreen Physical Therapy & Pilates Studio  
5029 Evergreen Way  
Everett, WA 98203



## PEDIATRIC THERAPY



Physical & Hand Therapy Services  
[WWW.IRGPT.COM](http://WWW.IRGPT.COM)

Evergreen Physical Therapy  
& Pilates Studio

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Everett, WA 98203

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## THE PEDIATRIC PHYSICAL THERAPIST

A pediatric physical therapist specializes in helping children attain their gross motor and developmental milestones. We work with children to help them achieve their maximum potential and independence by facilitating motor development, improving function and overall coordination, increasing strength and balance, and promoting family involvement. We treat children from birth through adolescence, and collaborate with the families and other medical specialists in order to develop the best plan of care for each child.

### WHAT TO EXPECT

The first appointment will include an initial evaluation that begins with a discussion about the concerns regarding a child's gross motor skills. The therapist will then conduct an evaluation on mobility, strength and endurance, range of motion, posture, coordination, balance and movement patterns. Based on this evaluation, a treatment program will be discussed and implemented. Evergreen Physical Therapy offers brief screenings to help determine if a child would benefit from physical therapy intervention. The screenings also help the therapist determine if a full evaluation is needed.



## THERAPY INTERVENTION

The following are signs that a child may require physical therapy intervention:

- Difficulty attaining developmental milestones such as rolling, sitting, crawling, walking, jumping, etc.
- Decreased coordination and/or balance
- Decreased mobility
- Decreased range of motion
- Stains post surgery
- Stiffness or laxity in joints and/or muscles
- Consultation regarding equipment such as walkers, wheelchairs, orthotics, etc.

### Commonly Treated Conditions:

- Developmental delay
- Neurodevelopmental
- Obstetric Brachial Plexus Injury
- Torticollis
- Neurological conditions such as cerebral palsy
- Down Syndrome
- Hypotonia
- Prematurity
- Decreased coordination
- Congenital disorders
- Toe walking
- Sensory Integration
- Status post surgery and fracture
- Spinal cord injuries



## SERVICES

- > Treatment of children birth to 14 years of age
- > 30 minute Motor Screening
- > Standardized testing
- > Parent and caregiver education
- > Casting and fitting for orthotics

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Lisa Burns, MPT

Lisa Burns received her B.S. in Exercise Science from Saint Louis University in 2000 and Her Masters of Physical Therapy in 2001 from Saint Louis University.

Lisa specializes in pediatric physical therapy as well as orthopedic physical therapy for adults.