

What is pediatric physical therapy?



Pediatric physical therapists work closely with children and their families to help children grow in their independence and participation in activities with their family, peers, and community. PT focuses on improving muscle strength, range of motion, balance, and mobility skills, all while keeping the unique needs of each age, stage, and diagnosis in mind.

Pediatric PTs can help children learn to take their first steps, rehabilitate after a sports injury, or learn to use their first wheelchair. If your little one is behind in their development, recovering from an injury, or having trouble moving or walking due to another condition, contact us to see how physical therapy can help!

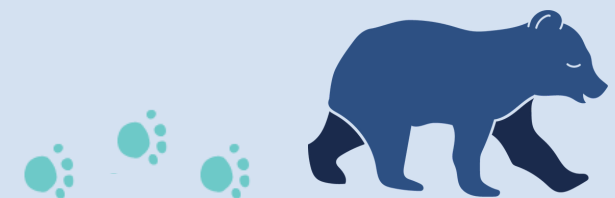


First Step Pediatric Therapy

CONTACT US

First Step Pediatric Therapy

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First Step Pediatric Therapy is a therapist-owned pediatric physical therapy clinic located in Kirkland, WA, across the street from Evergreen Hospital.



Our mission is to help families navigate the joys and challenges of living with a disability, recovering from an injury, learning a new skill, or taking that first step.

Who we treat

We see children from birth through young adulthood for a wide variety of diagnoses and conditions. Our most common diagnoses include:

- Gross motor/developmental delay
- Toe walking
- Torticollis/plagiocephaly
- Cerebral Palsy
- Autism Spectrum Disorder
- Down Syndrome
- Rare genetic conditions
- Orthopedic/sports injuries



Contact us at 425-298-7190 or office@1ststeppediatric.com to schedule an evaluation!

Our Services



Evaluation and Treatment

An initial sit down with you and your child to get to know you, and discuss your goals and concerns. The therapist will then perform a comprehensive evaluation to determine the need for PT and to develop a customized plan together that keeps your family's goals and priorities at the forefront.



Intensives

Intensive PT is about increasing the quality and quantity of practice through repetition to produce lasting change in a short period of time. During intensive sessions, therapists and families will work together on 1-2 goals for 2 hours per day, for 2-3 weeks.



Telehealth

Working directly with you and your child over videoconference to achieve your child's PT goals in your child's most comfortable and natural setting.