



# Physiotherapy Referral Information for children 4 to 8 years

## Metropolitan Child Development Service

**Child's Name:** \_\_\_\_\_ **Child's Date of Birth:** \_\_\_\_\_

**Date of referral:** \_\_\_\_\_

Physiotherapists in the Metropolitan Child Development Service (CDS) provide therapy services for children presenting with difficulties in controlling their posture and balance within or without the classroom and, or, having difficulties with performing gross motor movement skills, balls skills, or coordinating a combination of movement skills when they are compared to their peers.

This checklist is a guide to the types of motor issues that may be appropriate for CDS physiotherapy services. It should be completed by a health or education professional with knowledge of a child obtained through direct observation over a period of time. This form must be accompanied by a [referral form](#).

If a number of difficulties are present, and they are interfering with the child's ability to perform within the home or community environment, referral to a Physiotherapist is advisable.

### Gross Motor Skills

- Difficulties running.
- Difficulties with jumping.
- Difficulties with hopping.
- Difficulties with activities requiring rhythm and co-ordination eg galloping, skipping (4 years) star jumps, hopscotch (6 years).
- Difficulties with ball skills eg throwing/catching/kicking large and small balls.
- Difficulties with using two hands together in play.
- Movements seem shaky.
- Movements seem stiff.
- Movements seem floppy.
- Avoidance of physical activities/tasks.
- Difficulty moving through equipment; under/over/around and through.
- Difficulty copying body positions from physical demonstration.

### Balance

- Unable to stand on one leg for 10 seconds.
- Is fearful above the ground on a beam or frame.
- Needs to use hands regularly to assist and stabilise.
- Frequently bumps into items when moving around the classroom.
- Frequently tripping over.
- Dislikes rocking, swaying, swinging or spinning, dislikes 'moving' playground equipment e.g. swings/trampoline.



## Posture

- Poor standing posture.
- Feet or legs appear turned inwards, causing tripping when walking.
- Slumped sitting posture, increased reliance on arms for support (e.g. propping).
- Habitually walking on toes.

## Independence, Play Skills and Community Activities

- Appears unfit, unable to keep up with peers.
- Difficulties climbing up and down stairs with alternate strides.
- Difficulties negotiating playground equipment (monkey bars ~ 6 years).
- Difficulties cycling a bicycle with (4 years) or without (6 years) training wheels.
- Difficulties organising balance/position to dress or undress independently.

**Do you have any other comments regarding the child's strengths or areas of difficulty in physical activities?**

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Referee Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

For further information about the metropolitan Child Development Service visit,  
<https://ww2.health.wa.gov.au/cach>