

What are gross motor milestones?

Milestones are sets of age-specific tasks that most children can perform at a particular stage of development. If your child is meeting gross motor milestones, it means he or she is using large muscles to perform functional tasks like sitting, standing, walking, running and balancing.

What if my child is not meeting milestones?

The list of gross motor milestones included in this brochure is just a guide. If you're concerned at any point in your child's development that he or she is not meeting milestones at the appropriate age, please consult your pediatrician.

If your child is experiencing setbacks, early therapy can be very beneficial in helping him or her reach those milestones and preventing further delays.

Need an appointment?

Schedule a visit with an Ochsner physician by calling **866.OCHSNER (866.624.7637)**.

For Therapy & Wellness appointments, call **504.842.4348**.

Find the therapy you need here.

Therapy & Wellness for Children – Metairie
3211 North Causeway Blvd.
Metairie, LA 70002

Get a referral, and get on the road to recovery!



Need a referral? Schedule a visit with an Ochsner physician by calling **866.OCHSNER (866.624.7637)**.



Already have a physician's referral? To schedule an appointment, simply call in your referral to **504.842.4348**, or fax it to us at **504.842.5488**.



We accept private, Medicaid and most major insurance plans.

OCHSNER PEDIATRIC THERAPY & WELLNESS

Grow Your Child's Gross Motor Skills.



Help your child build mobility, strength and independence with Ochsner Pediatric Therapy & Wellness. Our highly skilled therapists will help your child identify and improve any deficits in his or her gross motor and functional skills.



Gross Motor Milestones



BABY

0-2 Months

- On belly, turns head/lifts it 45 degrees
- Kicks alternating legs

3-5 Months

- Pushes up with arms
- Keeps head upright
- Rolls belly to back

6-8 Months

- Pushes up to hands and knees/scoots
- Reaches for toys
- Sits 30 seconds alone

9-11 Months

- Crawls
- Pulls up to standing
- Walks, one hand held

YOUNG TODDLER

12-15 Months

- Walks alone/backward
- Crawls up stairs
- Throws ball while standing

16-19 Months

- Starts running
- Walks up stairs, one hand held
- Climbs into an adult chair

20-23 Months

- Walks down stairs, one hand held
- Jumps in place

24-27 Months

- Goes up/down stairs alone with both feet
- Kicks ball
- Jumps from bottom step

YOUNG CHILD/PRESCHOOL

28-31 Months

- Walks on tiptoes/on beam
- Throws ball 5-7 feet
- Stands from half-kneel

32-35 Months

- Rides tricycle using pedals
- Walks up stairs, one foot per step
- Stands on one foot

3-3½ Years

- Runs/keeps balance at sharp corners
- Jumps forward 3 times
- Climbs on playground equipment

3½-4 Years

- Walks down stairs using handrail
- Jumps from 12 inches, feet together
- Hops on one foot 3 times

PRE-K/ELEMENTARY

4-4½ Years

- Stands 6 seconds on one foot
- Catches large ball
- Rides tricycle expertly

4½-5 Years

- Stands 10 seconds, heel to toe
- Jumps backward 6 times
- Slides down slide/swings on swing

5-5½ Years

- Runs 35/hops 15 yards in 10 seconds
- Skips or gallops
- Uses skates/scooter well

5½-6 Years

- Throws with accuracy/catches one-handed
- Kicks a rolling ball
- Rides bike (training wheels OK)



Trust therapy customized for your child. Our pediatric therapists treat:

- Decreased mobility
- Decreased strength
- Decreased range of motion
- Increased/decreased muscle tone
- Decreased independence
- Delayed milestones
- Poor posture
- Difficulty walking
- Decreased balance
- Decreased coordination
- Decreased endurance
- Pain
- Pelvic floor dysfunction/Pelvic pain