

# SCHOOL BASED PHYSICAL THERAPY

## ACROSS 8 AREAS OF FUNCTION

1

### HEALTH MANAGEMENT

Work to restore, maintain, and promote student's optimal physical function, health and well-being across their life span. Encouraging healthy lifestyle choices. Learning self advocacy skills.



2

### FITNESS AND LEISURE

Using strength and endurance to participate in movement based activities at school and in the community such as field trips, playground play, adaptive sports, and exercise programs. Choosing individualized leisure activities that are fun, accessible, appropriate and that improve overall health and well being.



3

### SOCIAL PARTICIPATION

Engaging with peers and using respect and kindness during play. Facilitating reciprocal and cooperative play during recess and physical education classes. Sharing equipment and toys with peers.



4

### EDUCATION

Maintaining positions that encourage focus and participation in academic tasks. Promoting independence with school routines and rules. Using adaptive and accommodative equipment to support posture and positioning needs.



5

### WORK & TRANSITION PLANNING

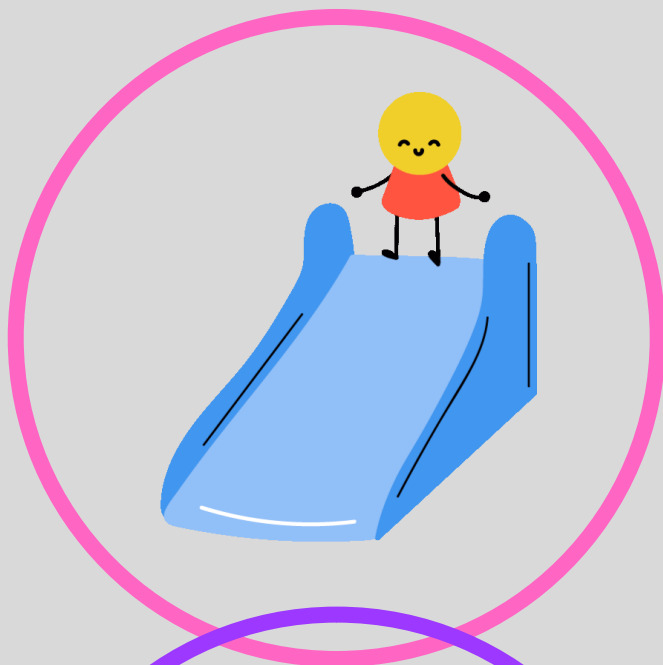
Understanding body mechanics, safety, and workplace rules. Navigating and accessing community work sites. Facilitating participation in classroom and school-wide job tasks. Collaboration regarding modifications.



6

## PLAY

Developing gross motor skills to participate in play with peers. This includes play-based activities to develop strength, balance, coordination, and motor control.



7

## MOBILITY

Accessing a student's least restrictive environment to participate in school tasks. Navigating school and community environments safely and effectively. Managing equipment needed to promote greater independence with mobility. Recommending safety modifications to the environment.



8

## SAFETY &amp; AWARENESS

Self awareness of physical limitations and environmental precautions. Understanding spatial boundaries with peers and environment. Regulating sensory input appropriately. Building motor self-confidence. Using sensory motor routines.



## PT's COLLABORATE WITH A STUDENT'S TEAM TO...

- Create strength-based, student centered evaluations & IEPs that utilize the student's least restrictive environment.
- Educate the team on how to carry out daily health, mobility, and safety routines.
- Serve as a link between the medical and educational communities using evidenced-based practice guidelines.



## ESSA &amp; MTSS

- PT services are federally mandated under The Every Student Succeeds Act (ESSA) and the Individuals with Disabilities Education Act (IDEA) to ensure equal access for all students' to their educational environment.
- Multi-Tiered Systems of Support (MTSS) is an intervention framework that allows PT's to promote wellness, learning, and accessibility for all students to participate in a range of functional activities and to promote peer interactions that contribute to mental and physical health.
- Evidenced-based research shows that students thrive when PT services are provided in an inclusive and integrated setting with their peers.