

Physical Therapy Session	
Date	5/30/13
Name	Fernando
Current Status; Changes since last visit	Fernando's first PT service since IFSP. Mom reports very fussy. Told mom about aspects of prematurity that can cause irritability. Discussed signals that he might be becoming overstimulated.  
IFSP Outcomes worked on	Roll over; Sit and play w/toy abbreviated outcomes
Activities with caregiver to address outcomes	<ol style="list-style-type: none">  Explained visual tracking pre-requisite to play with toys. Instructed Mom:  track to both sides starting at midline. Use different toys/noisemakers, move toy slowly while watching eyes to see if he tracks. When he seems to "lose" it, pause before moving again. She practiced with several different toys; will practice @ each diaper change.   Demonstrated how to position F. in a more flexed position to eat, suggested hold him in same position sometimes to play and stimulate his hands with  small, textured toys.  Mom practiced position and play.  Demonstrated position prone on elbows - encourage lift and hold head up. Mom practiced. F. fussed after a few seconds, suggested ways to distract, build up time slowly, explaining need to spend time on tummy several times a day for 4-5 minutes each time in order to increase trunk, shoulder and arm strength for sitting and play. Taught mom football hold on tummy and mom practiced  Emphasized back-to-sleep. 
Reminders; things to practice till our next visit	See above instructions. 1) tracking with his eyes from the middle out @ diaper changes; 2) hold in a flexed position, and help him touch toys; 3) tummy time every morning, afternoon, and evening while awake. 4) Carry in football hold around house.

(A) coaching and instructions to the family or caregiver 

(B) discussing how activities apply to child and family routines 

(C) modeling intervention techniques within everyday learning opportunities 

(D) skilled, professional service 

(E) child's response and progress 