



# Tele-Move

"I'm a PT, don't take my hands away from me!"

Physical Therapy is not just about hands-on skills. EI PTs are more aware of this than most, but it can still be challenging to think about what PT services look like when you cannot physically interact with a child during a visit. How do I assess posture? How do I teach handling strategies? How do I facilitate movement patterns? Here are a few thoughts on how EI PTs can maximize televisits.

## Handling

You can use televisits to teach parents about how to think through holding their children. Provide information about how to tell when a child's posture is helping her participate or what movements she should use to change positions during an activity. Taking the time to teach these ideas effectively will improve parents' abilities to support movement throughout typical routines.

## Home Exercise

It can be tempting to think of tele-intervention as a series of home exercise programs that families may or may not remember. Instead, think about all of the movement families are already doing, and consider how you can observe those activities and support parents in finding new ways to help their children move in context during activities that already happen regularly. Televisits are a perfect time to form new habits with families and focus on typical routines.

## How-To

Practical tips for "hands-off" visits:

1. Explain: tell parents why certain handling strategies are important and how to tell if they are working.
2. Explore: Spend more time watching parent/child interactions for moments of movement that you can use to highlight an idea for parents.
3. Expand: Once parents learn a new strategy, brainstorm together about other ways to use that concept and increase the practice for parent and child alike during that activity and others.