

Physical Therapy (PT)

Physical therapy (PT) helps individuals improve strength, coordination, balance, and movement. PT uses play-based and individualized strategies to build physical skills, support independence, and make many everyday activities easier and more comfortable.

Why is Physical Therapy (PT) important for autistic people?

Motor differences may be overlooked in individuals on the autism spectrum, even though autistic people experience them. The development of motor planning and motor skills support social communication, adaptive/daily living abilities, and enhance quality of life.

How can Physical Therapy help?

Physical Therapy helps to build strength, coordination, and motor skills need to participate more fully in:

- Physical activities
- Sports
- Daily tasks
- School
- Social engagement
- Recreational activities

Who do you contact for more information?



Primary care physician



Local school district

Motor abilities are important from an early age!

- Physical mobility encourages sharing and engagement with caregivers.
- Posture and balance support movement, exploration, and social interaction.
- Coordinated arm movements enable gestures like pointing and showing.
- Complex motor play supports social development and friendships.
- Skilled movement boosts fitness and may help reduce social isolation.