

Physical Therapy Talking Points

Target Audience: Kindergarten-Second Grade

All talking points can be used with or without the associated PowerPoint (K-2 PowerPoint) and are meant to be used as a guide to lead conversations. Feel free to omit or add topics as needed, based on the needs of your target audience.

Things to Think About:

When speaking with this age group, the goal is to help them think about what movement is and understand that physical therapy helps people move.

When possible, get them physically moving — make them part of the presentation. If you are using the K-2 PowerPoint along with these talking points, you will see there is a lot of opportunity to get your audience moving. Think of it as trying to get them to learn while having fun — engaged learning.

Talking Points

Physical Therapy Moves Me!

- Welcome.
- Introduce yourself and give the reason for your presentation.
- Explain what you hope to achieve by the end of the presentation. (For example, “By the end of this presentation I want you have a better understanding of how PTs and PTAs help people move.”).

Running

- If you are using the associated PowerPoint, show the video of the runner and ask the audience “What is this person doing?” Hopefully they will say running.
- If you are not using the PowerPoint, jog in place and ask the audience “What am I doing?” Hopefully they’ll say running or jogging.

Biking (If using the PowerPoint)

- Show the video of the man on the bike and ask the audience “What is this person doing?” and hopefully they will say riding a bike.

Dancing (If not using the PowerPoint)

- Dance in place and ask the audience, “What am I doing?” Hopefully they will say dancing.

Movement

- Pick a couple of people in the audience and choose one of the following things to say:
 - “What would you do if I asked you to move right now?”
 - “What would you do if I started playing your favorite song right now?”
 - “What would you do if I rolled a soccer ball toward you?”Hopefully, they respond with get up, dance, or kick it.

- Or you can:
 - Say “What would you all do if I told you to move right now?”
 - Say “Show me how you would move.”
 - Lead by example and do some type of fun movement.
- The goal is to help them see that:
 - Walking, running, dancing, biking, playing, etc. are all different types of movement.
 - We all move multiple times every day, and we all move differently.
 - Movement is important part of life.

Physical Therapists Are Movement Experts

- Physical therapists are doctors who are movement experts.
- If you have an injury or condition that prevents you from moving your body, a physical therapist can help.

Daily Movements

- Physical therapy helps people perform daily movements like bending and squatting.
- Say: “Let me see you bend and touch your toes.”
- Say: “Let me see you squat.”

Big Movements.

- Physical therapy helps people do big movements like jumping.
- Say: “Let me see you jump.”

Game Time!

- Now it is time to get moving.
- Choose from the list of age-appropriate activities:
 - Simon Says.
 - Relay races (bunny hops, sideways bunny hops, skips, walking, side steps, slow job).
 - Stretching exercises.
 - Basic balance activity.
 - Coloring book.

What are some things you think physical therapists and physical therapist assistants use to help people move better?

- Doctors use things like prescription medicine to treat patients.
- Dentists use things like teeth-cleaning tools to help patients.
- Physical therapists use movement! However, they have some things they use to help you move:
 - Exercises using equipment and body weight teaches proper movement mechanics and strengthens muscles.
 - Pools or aquatic physical therapy. Water helps decrease stress on the joints and muscles while providing resistance that helps with physical therapy treatment.
 - Toys and games including video games, virtual reality, and robotic devices. When you are playing video games, playing with toys, and playing games ... you are moving! They can also be used to teach proper movement mechanics and help patients regain movement.
 - Manual therapy and massage – physical therapy is a hands-on profession. PTs and PTAs are trained to locate muscles, joints, nerves, bones, tendons, etc. through physical touch. PTs and

PTAs can use massage, electrical stimulation, and other manual therapy techniques to treat patients.

- Palpation:
 - Say: “Hold your arm out and touch your upper arm (bicep). Now flex your arm and make a muscle. Did you feel your muscle move? Does anyone know the name of this muscle? That’s your bicep muscle.”
 - Say: “Now extend your arm again but this time feel the back of your arm (triceps). Now flex your arm again. Did you feel your muscle move? Anyone know the name of this muscle? That’s your triceps muscle.”
 - Say: “Now touch the back of your lower leg (calf). Now flex your foot. Do you feel your muscle move? Anyone know the name of this muscle? That’s your gastrocnemius, or your calf muscle.

Reminders:

- During this presentation, you have done quite a bit of movement:
 - Jump.
 - Squat.
 - Bending.
 - Etc.
- I want you to remember:
 - Movement is essential to life.
 - Physical therapy helps to keep people moving.
 - Break it down and have them repeat after you: Physical Therapy (pause) Moves (pause) Me (and have them point to themselves).
 - Then repeat all together: Physical Therapy Moves Me!