

# Physical Therapy Appointment



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This is a social story about going to my Physical Therapy appointment.

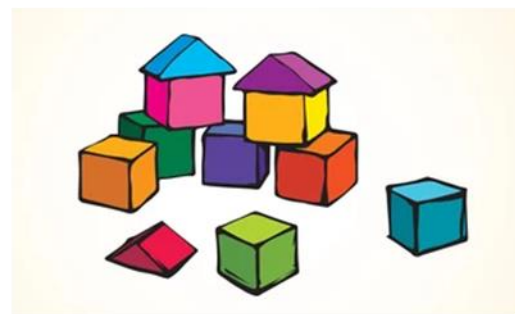
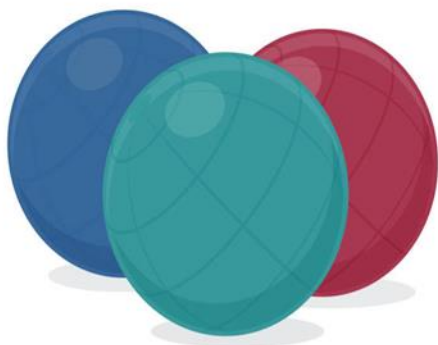


Physical Therapy keeps me healthy and strong!  
When I'm strong, I can do my favorite things with  
my friends and family! I can play, do my  
homework, and have fun!



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My physical therapist may ask me to do different activities during my appointment. When I enter the room, there may be different toys and items that I will use.



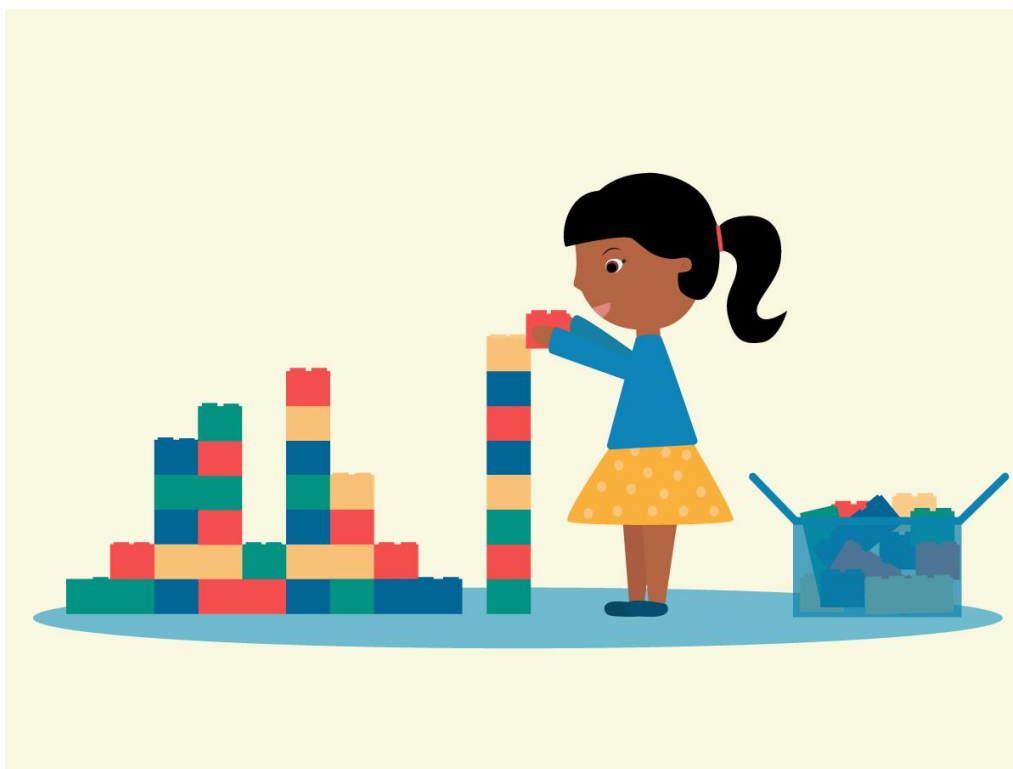
My physical therapist may ask me to walk,  
jump, run, or throw a ball. I can show them how  
strong I am!



I may even sit on a giant bouncy ball to practice my balance.



I may play with Legos or  
blocks to make my hands  
stronger.



I may jump over cones with the help of my physical therapist. This will help with my balance.





Sometimes in Physical Therapy, I might have fun with different textures such as paint, water, or even different fabrics.



Every Physical Therapy appointment is different, so  
my physical therapist will talk to me about the  
activities we will do at MY appointment. It will be  
fun!





I did a great job learning about my appointment  
with a physical therapist!

