

- Change the environment with technology or different equipment (can be as simple as using a pencil grip for writing, or wearing soft clothes)
- Often OT includes swings, trampolines, and other ways to incorporate physical movement for children

Physical therapy

Motor skills impact the way a person is able to move their body to do a task. Sometimes individuals with autism have less developed motor skills. If this is the case, physical therapy (PT) can help. A physical therapist works on physical limitations to help a person develop the muscles, balance and coordination needed for the day-to-day activities.



