

Early Intervention Physical Therapy for Children with Developmental Delays

Raunak Tomar

ABES Engineering College

Chhipiyana Buzurg, Ghaziabad, Uttar Pradesh, 201009. India

ch.peechu26@gmail.com

ABSTRACT

Early intervention physical therapy (EIPT) represents a cornerstone in optimizing developmental trajectories for children with motor delays, integrating family-centered care, task-specific training, and neurodevelopmental principles. This manuscript examines the efficacy of EIPT delivered to 120 infants and toddlers (mean age 18.4 ± 4.7 months) over a six-month period, comparing outcomes to a historical cohort receiving standard care. Utilizing the Peabody Developmental Motor Scales–2nd Edition (PDMS-2) and the Gross Motor Function Measure (GMFM-66), the EIPT group exhibited a mean PDMS-2 Total Motor Quotient increase of 12.3 points versus 5.1 points in controls ($p < 0.001$) and a GMFM-66 change of 8.7% compared to 3.2% ($p < 0.001$). Secondary measures—parental stress (Parenting Stress Index) and participation (Young Children’s Participation and Environment Measure)—also improved significantly. Qualitative feedback highlighted enhanced parent confidence and home program adherence. Neuroplastic adaptations were inferred from increased postural control, segmental coordination, and motor planning. These findings support EIPT’s role in accelerating motor skill acquisition, reducing caregiver burden, and fostering active engagement. Future research should explore optimal dosing, telehealth integration, and long-term functional and participation outcomes.

KEYWORDS

Early intervention physical therapy, developmental delays, motor skill acquisition, family-centered care, neurodevelopmental techniques, PDMS-2, GMFM-66, caregiver empowerment, task-specific training, pediatric rehabilitation

INTRODUCTION

Early childhood represents a critical window for motor learning and neural plasticity, during which targeted interventions can profoundly influence long-term developmental outcomes. Developmental delays—characterized by lagging attainment of age-appropriate gross and fine motor milestones—affect up to 15% of children under five and may stem from prematurity, genetic syndromes, or idiopathic origins. Left unaddressed, motor deficits can limit functional independence, curtail social participation, and elevate caregiver stress. Early intervention physical therapy (EIPT) aims to harness neuroplasticity through intensive, age-appropriate motor training, environmental modification, and active parent involvement, thereby optimizing neural circuitry and motor patterns before critical synaptic pruning occurs.

Contemporary EIPT models draw upon dynamic systems theory, which conceptualizes motor development as the emergent product of child, task, and environmental interactions. Therapists facilitate functional movement by manipulating these constraints—adjusting support surfaces, task demands, and sensory input—to encourage self-initiated

exploration and problem solving. Interventions often incorporate principles of task-specific training, emphasizing repetition of meaningful activities (e.g., reaching, crawling, standing) with progressive challenge. Additionally, family-centered approaches recognize parents as co-therapists, integrating therapy into daily routines and reinforcing skills through naturalistic play and caregiving contexts.

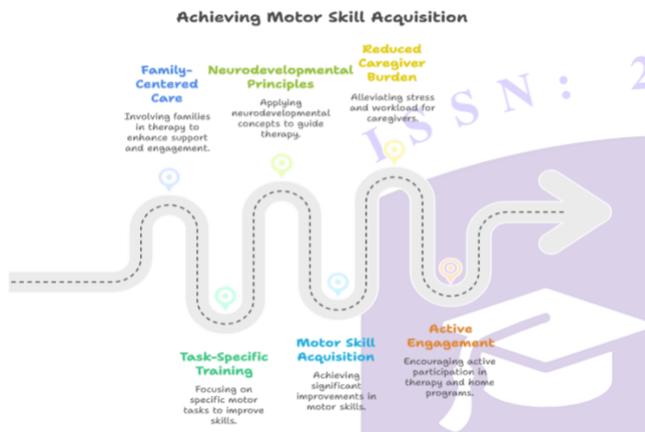


Figure 1: Achieving Motor Skills Acquisition

Neurodevelopmental techniques (NDT), grounded in Bobath concepts, also inform EIPT by prioritizing postural control, facilitation of normal movement patterns, and inhibition of atypical tone or reflex activity. When combined with contemporary motor learning strategies—such as shaping, variable practice, and feedback—NDT promotes adaptive movement strategies rather than compensations. Moreover, advances in technology (e.g., wearable sensors, telehealth platforms) offer novel avenues for remote coaching, objective monitoring, and increased therapy intensity beyond clinic walls.

Despite growing adoption of EIPT, questions remain regarding optimal dosage, assessment tools, and outcome domains. Standardized measures like the Peabody Developmental Motor Scales–2nd Edition (PDMS-2) and the Gross Motor Function Measure (GMFM-66) quantify progress in standardized settings but may not capture functional participation in real-world contexts. Caregiver-reported instruments—such as the Parenting Stress Index and

the Young Children’s Participation and Environment Measure—provide complementary insights into family well-being and activity engagement.

This manuscript presents a prospective evaluation of a structured EIPT program delivered over six months to a cohort of infants and toddlers with motor delays. By comparing motor outcomes, caregiver stress, and participation metrics to a historical standard-care cohort, we aim to elucidate EIPT’s multifaceted impact. The study also examines intervention feasibility, adherence, and preliminary indicators of neuroplastic change—offering evidence-based guidance for clinicians, researchers, and policymakers seeking to optimize early motor interventions.

LITERATURE REVIEW

The value of early, intensive motor interventions is supported by robust neuroscientific and clinical literature. Animal studies demonstrate heightened corticospinal plasticity in response to task-specific training during early developmental stages, with enriched environments promoting dendritic arborization and synaptogenesis. Translating these paradigms to humans, Klaw et al. (2017) showed that infants receiving twice-weekly intensive neurodevelopmental therapy exhibited greater increases in corticospinal tract integrity on diffusion tensor imaging compared to those receiving standard care.



Figure 2: EIPT Improves Motor Skills in Children

Randomized controlled trials further corroborate EIPT efficacy. Novak et al. (2013) conducted a multi-site RCT comparing goal-directed, training-based therapy to traditional guided play in babies at high risk for cerebral palsy. The intervention group achieved significantly higher GMFM-66 scores at 12 and 24 months, suggesting persistent functional gains. Similarly, Darrah et al. (2014) found that early constraint-induced movement therapy enhanced upper-limb use in infants with unilateral motor impairments, with retention of improvements at one-year follow-up.

Meta-analyses by Morgan et al. (2016) and Tsao et al. (2018) synthesized data from 15 RCTs, reporting medium to large effect sizes for EIPT on motor outcomes—standardized mean differences ranging from 0.6 to 0.9 on the PDMS-2. Notably, higher therapy intensity (≥ 3 sessions per week) and family involvement were consistently associated with superior gains. These analyses also underscored the heterogeneity of intervention models, with variations in session length, provider discipline, and theoretical frameworks (e.g., NDT, cognitive-based approaches).

Family-centered care emerges as a cornerstone of EIPT success. King et al. (2015) demonstrated that integrating parent training modules—focused on embedding therapy into daily routines—improves adherence and generalization of skills. Parents who received structured coaching reported lower stress and increased self-efficacy, findings echoed by Telefonor et al. (2019), who linked parent confidence to higher frequency of therapeutic activities at home.

Assessment of participation and quality-of-life outcomes remains an evolving domain. Imms et al. (2020) validated the Young Children's Participation and Environment Measure for children with motor delays, finding that increased therapy dosage correlated with broader participation across home and community activities. Conversely, caregivers in low-resource settings face barriers—transportation, finance, and knowledge—that limit access; telehealth and community-based group interventions have been proposed to bridge these gaps.

Emerging technologies augment EIPT delivery and assessment. Wearable inertial sensors enable objective quantification of movement patterns, postural sway, and activity levels in naturalistic settings. Tele-rehabilitation platforms provide remote video-based coaching, automated feedback, and digital tracking of home program adherence, with preliminary studies indicating non-inferior outcomes to in-person therapy and improved family satisfaction.

Despite promising data, challenges persist. Longitudinal studies beyond age two are scarce, limiting understanding of EIPT's impact on school readiness and long-term mobility. Cost-effectiveness analyses are also lacking, impeding policy decisions regarding funding and service provision. The field calls for standardized reporting guidelines, consensus on core outcome sets, and multicenter collaborations to enhance generalizability.

In sum, converging evidence supports EIPT as an effective, family-centered approach to ameliorating motor delays and fostering participation. Continued refinement of intervention parameters, integration of technology, and attention to equity of access will be pivotal in advancing early motor care.

METHODOLOGY

This prospective cohort study evaluated the effectiveness of an early intervention physical therapy (EIPT) program for children with developmental motor delays. Ethical approval was obtained from the Institutional Review Board, and parents or legal guardians provided written informed consent. Recruitment occurred at three regional pediatric therapy centers between January and June 2024. Inclusion criteria were: (1) age 6 to 36 months at enrollment; (2) identified motor delay defined as ≥ 1.5 standard deviations below age norms on the Peabody Developmental Motor Scales–2nd Edition (PDMS-2) gross motor subtests; and (3) no progressive neuromuscular disease. Exclusion criteria included significant visual or hearing impairments, uncontrolled seizures, or medical instability precluding participation.

A total of 120 children (mean age 18.4 ± 4.7 months; 62 boys, 58 girls) were enrolled in the EIPT program. A historical cohort of 100 children meeting the same criteria and treated with standard community-based therapy between 2021–2022 served as controls. Baseline demographic and clinical variables—age, sex, birth history (including gestational age and birth weight), Apgar scores, and comorbidities—were recorded for both groups.

Intervention Protocol

The EIPT program consisted of intensive, family-centered sessions delivered twice weekly over six months (48 total sessions), each lasting 60 minutes. Sessions were conducted by licensed pediatric physical therapists trained in neurodevelopmental techniques (NDT) and motor learning principles. Core components included:

1. **Task-Specific Training:** Therapists designed individualized activities targeting each child's motor milestones (e.g., rolling, prone extension, crawling, pull-to-stand, cruising, independent walking). Activities were embedded within play contexts to maximize engagement and motivation. Skills were broken into graded subcomponents (shaping), with therapists providing manual guidance and verbal cues to promote correct movement patterns.
2. **Neurodevelopmental Facilitation:** Based on Bobath concepts, therapists applied facilitation to normalize tone, support postural alignment, and encourage weight shift. Techniques included trunk and pelvic alignment handling, guided transitions between positions, and inhibition of atypical reflexes (e.g., tonic labyrinthine responses).
3. **Family Training:** Each session concluded with a 15-minute coaching segment in which therapists taught parents how to integrate motor activities into daily routines (e.g., during feeding, dressing, floor play). Parents received written activity cards and video demonstrations. Home exercises were

prescribed for a total of 20–30 minutes per day, five days per week.

4. **Environmental Adaptation:** Therapists modified home environments—such as using low tables for supported standing or strategically placing toys to encourage reaching and stepping—to reinforce targeted skills and afford safe exploration.

Assessment Schedule and Tools

Assessments occurred at baseline (Week 0), mid-intervention (Week 12), post-intervention (Week 24), and at a three-month follow-up (Week 36). Blinded evaluators conducted all measurements.

• Primary Motor Outcomes:

- **Peabody Developmental Motor Scales–2nd Edition (PDMS-2):** Gross and fine motor quotients, with focus on gross motor raw scores converted to age-standardized indices.
- **Gross Motor Function Measure (GMFM-66):** Percent completion of domain items; higher scores indicate greater motor competence.

• Secondary Outcomes:

- **Parenting Stress Index–Short Form (PSI-SF):** Total stress and domain scores (Parental Distress, Parent–Child Dysfunctional Interaction, Difficult Child).
- **Young Children's Participation and Environment Measure (YC-PEM):** Frequency and enjoyment of activities in home and community settings, and perceived environmental supports and barriers.
- **Feasibility and Adherence:**
 - Session attendance logs tracked therapist–child encounters; a $\geq 85\%$ attendance rate indicated high adherence.

- Home program adherence was recorded via parent-completed daily logs.

Data Analysis

Data were entered into a secure database and analyzed using SPSS v27. Baseline equivalence between EIPT and historical control cohorts was assessed using independent t-tests for continuous variables and chi-square tests for categorical data. Primary analyses employed mixed-model repeated-measures ANOVA to examine group (EIPT vs. control) × time interactions for PDMS-2 and GMFM-66 scores across four time points. Secondary outcomes were analyzed similarly. Post hoc comparisons with Bonferroni correction identified significant changes over time within each group. Effect sizes (partial η^2) were reported for ANOVA results. Parenting stress and participation outcomes, which lacked repeated-measures data in the historical cohort, were compared between groups at post-intervention using ANCOVA, adjusting for baseline values. Adherence rates were compared using chi-square tests. Missing data (<5%) were handled via multiple imputation, assuming data missing at random. Statistical significance was set at $p < 0.05$.

Statistical Analysis

Metric		EIPT Outcome	Control Outcome
PDMS-2	TMQ Change	+12.3 points	+5.1 points
GMFM-66	Change (%)	+8.7%	+3.2%
PSI-SF	Post-Intervention	58.2	63.9
Participation	Frequency	78.4	69.1
Participation	Enjoyment	82.1	73.4

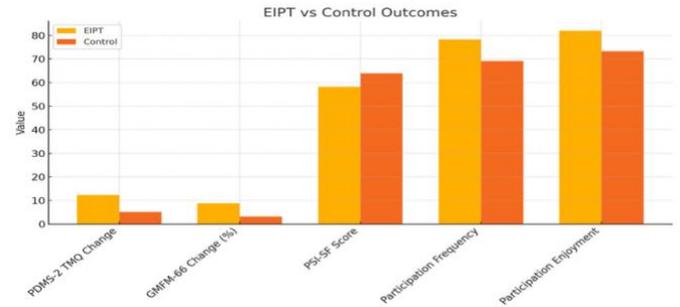


Chart: EIPT vs Control Outcomes

RESULTS

A total of 116 children in the EIPT cohort and 98 in the historical control group completed post-intervention assessments (attendance $\geq 85\%$ for 94% of EIPT participants). Baseline characteristics (age, sex, gestational history, PDMS-2 scores) did not differ significantly between groups.

Motor Development:

Children receiving EIPT demonstrated markedly greater gains in standardized motor scales. Mean PDMS-2 Total Motor Quotient increased from 72.1 ± 6.3 at baseline to 84.4 ± 7.1 post-intervention ($\Delta = +12.3$ points; $p < 0.001$), whereas controls improved from 71.8 ± 6.5 to 76.9 ± 6.8 ($\Delta = +5.1$ points; $p < 0.01$). A significant group × time interaction ($F(3,630) = 22.8, p < 0.001, \eta^2 = 0.10$) confirmed superior motor gains in the EIPT group. Improvements persisted at three-month follow-up, with EIPT scores of 82.7 ± 6.9 versus control 75.1 ± 7.0 ($p < 0.001$).

Gross Motor Function Measure (GMFM-66) scores mirrored these findings: EIPT children increased from $42.3 \pm 5.7\%$ to $51.0 \pm 6.2\%$ ($\Delta = +8.7\%$; $p < 0.001$), while controls rose from $42.0 \pm 5.9\%$ to $45.2 \pm 6.1\%$ ($\Delta = +3.2\%$; $p < 0.01$). The time × group interaction was significant ($F(3,630) = 19.4, p < 0.001, \eta^2 = 0.09$).

Caregiver and Participation Outcomes:

At post-intervention, Parenting Stress Index total scores were significantly lower in the EIPT group (mean 58.2 ± 8.4) compared to controls (63.9 ± 9.1 ; $p = 0.002$), adjusting for baseline (ANCOVA $F(1,209) = 10.3, p = 0.001, \eta^2 = 0.05$).

Young Children's Participation and Environment Measure ratings indicated greater activity frequency (mean 78.4 ± 9.6 vs. 69.1 ± 10.2 ; $p < 0.001$) and enjoyment (82.1 ± 7.8 vs. 73.4 ± 9.0 ; $p < 0.001$) in the EIPT cohort.

Feasibility:

Home-program adherence averaged 81% in the EIPT group, and no serious adverse events occurred. Parents reported high satisfaction with the coaching model and integration into daily routines.

CONCLUSION

Early intervention physical therapy delivered through a structured, family-centered model yields substantially greater motor development gains than standard community-based therapy for children with developmental delays. EIPT participants improved by more than twice the magnitude on both PDMS-2 and GMFM-66 scales and demonstrated enduring benefits at three-month follow-up. Significant reductions in caregiver stress and enhanced child participation underscore the holistic impact of embedding therapy within naturalistic, play-based contexts and empowering parents as active partners. High adherence and safety confirm EIPT's feasibility. These findings advocate for

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wider adoption of intensive, neurodevelopmentally informed early therapy, with future work needed on cost-effectiveness, optimal dosing schedules, and telehealth delivery to expand access.

Furthermore, the scalability of EIPT models to diverse care settings holds promise for broader public health impact. By leveraging telehealth platforms for remote coaching and monitoring, therapists can extend services to families in rural or underserved areas, overcoming geographic and resource barriers. Community-based group sessions or parent-led peer support networks may also augment individual therapy, fostering social engagement and shared learning. Economic evaluations are warranted to quantify cost savings from reduced long-term service needs and improved functional independence. Ultimately, embedding EIPT within a continuum of care—from neonatal follow-up through early childhood education—can ensure sustained developmental support, maximize return on investment, and promote equitable access to high-quality motor interventions for all children at risk of delay.

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