

Gross Motor Skills

AGE	EXPECTED MOTOR DEVELOPMENT	DELAYED OR DEVIANT POSTURES
1 month	<ol style="list-style-type: none"> Lifts head briefly from prone position. Spontaneous motor activities of lower extremities (flexing and extending) 	<ol style="list-style-type: none"> Sustains head up from prone position can be indication of ophisthotonus. Makes no attempt to lift head. Lack of spontaneous activity or marked extension and jerking of legs.
2 months	<ol style="list-style-type: none"> Prone – lifts head higher and for longer period. More flexed movements of legs 	<ol style="list-style-type: none"> Head still not elevated from prone. Lack of spontaneous motor activity. Marked asymmetry of arms and legs. (No reciprocal kicking)
3 months	<ol style="list-style-type: none"> Good head tone when held over shoulder. In prone lifts head and chest up- can maintain this posture. Supine more symmetrical posturing of extremities. 	<ol style="list-style-type: none"> Head falls forward or backward. No attempts to elevate head from prone.
4 months	<ol style="list-style-type: none"> When pulled to sit, starts to assist in raising head – (some head lag). Prone – starting to use arms to “push up”. 	<ol style="list-style-type: none"> Marked head lag. Landau positive in supine or prone, Lack of symmetrical leg movement – marked extension of legs.
5 months	<ol style="list-style-type: none"> Beginning to roll from supine to prone. 	<ol style="list-style-type: none"> No attempt to turn to side.
6 months	<ol style="list-style-type: none"> Sits well when propped. May sit alone briefly when placed. Rolls over in both directions. Parachute reflex noted. Landau. 	<ol style="list-style-type: none"> Head lag remains; cannot sit when propped, slides forward; head and trunk fall forwards; tips to side. No parachuting (extension of arms) Sluggish response to Landau – head lag.
7 months.	<ol style="list-style-type: none"> Sits alone for longer periods 	<ol style="list-style-type: none"> Sits with rounded back, falls forwards, back or to side.
8 months	<ol style="list-style-type: none"> Sits alone well. Starting to maintain crawl position rocking on hands and knees. 	<ol style="list-style-type: none"> Needs support to sit. In crawl position arms collapse and legs extend, not remaining flexed.
9 months	<ol style="list-style-type: none"> Crawls on hands/knees. Starting to pull to stand. Can get to sitting position alone 	<ol style="list-style-type: none"> Unable to maintain crawl position. Cannot push up on arms.
10 months	<ol style="list-style-type: none"> Pulls to stand 	<ol style="list-style-type: none"> Pulls with arms but unable to position legs. Lack of physical exploration of environment.
11 months	<ol style="list-style-type: none"> Walks in side step patterns along lay pen, rail or furniture. Attempts to stand alone. 	<ol style="list-style-type: none"> Cannot support weight on legs.
12 months	<ol style="list-style-type: none"> Walks with one hand held – weight evenly displaced on both feet. 	<ol style="list-style-type: none"> May stand alone momentarily. Supports more weight on legs with increasing trunk stability. Uneven support of weight on legs.