

Gross Motor Milestones

@DPTIllustrated

2-3 Months

- Assume prone on elbow when placed in prone

3-4 Months

- Rolls supine to side-lying

5 Months

- Pull to sit without head lag
- Rolls prone to supine
- Feet to mouth
- Self-supported sitting forward on arms
- Rolls from prone to back independently

6-7 Months

- Rolls supine to prone
- Sits alone w/o support
- Sitting equilibrium: forward protective extension
- Transitions quadruped to/from sitting

8-9 Months

- Cruise sideways
- Sitting equilibrium: lateral protective extension
- Creeps (reciprocal on all 4)
- Pulls to stand on furniture

10-11 Months

- Sitting equilibrium: protective extension backwards
- Stands alone for short periods
- Climbs on hands and knees/feet up stairs
- Walks with hand held assist

12-15 Months

- Walks independently
- Squats to play and resumes standing

16-18 Months

- Runs stiffly
- Walks up/down stairs holding rail (step to)

2-2.5 Years

- Walks backwards
- Walks up/down stairs w/o support (Step to)

3 Years

- Emerging adult like gait
- Jumps with 2 feet together
- Able to rise on toes and maintain
- Throws perpendicular to target

4 Years

- Walks up/down stairs w/o support (alternating feet)
- Tandem walking

5 years

- Skipping
- SLS for 10 secs
- Hops 8-10x on one foot
- Mature throwing pattern (diagonal arm swing, LE weight shift)

