

Figure 2: Key Messages from Physical Therapist (PT) Interviews (n=9)

- Coordination may not improve, but “there are things we can do”. We can help children and families “figure out how to make life work”.
- It’s not enough just to teach one skill, it should be about “learning to learn”.
- It’s never just about the motor skill. In basketball, “you need to know how to shoot, but you need to be able to run up and down the court and keep up”. These areas are often as much of a concern as the skill itself.
- “Focus on function – get away from teaching how to jump”!
- Coping mechanisms of children may differ. We can “overlook things if the child is confident”, we can “under-manage”.
- Don’t give up if changes are not seen. The child may not be ready - be patient!
- Capacity building in the community is critical. PTs can mentor others and “find key people who ‘get it’ who you can confidently recommend, and programs with the right kind of approach”.