

GROSS MOTOR

LEVEL	AGE	COMPONENTS			
		Supine	Ventral Suspension	Prone	Standing
1 Immobile phase	1 MONTH	<ul style="list-style-type: none"> • Head to 1 side • Arm & leg on face side outstretched • + head lag 	<ul style="list-style-type: none"> • Head in line with body • Hips semi extended 	<ul style="list-style-type: none"> • Head sideways • Arms & legs flexed • Buttocks high 	<ul style="list-style-type: none"> • Automatic walking
	3 MONTHS	<ul style="list-style-type: none"> • Head in midline • Legs kicking • Little/no head lag • Back straight except lumbar curve 	<ul style="list-style-type: none"> • Head above line of body • Hips and shoulders extended 	<ul style="list-style-type: none"> • Lifts head & upper chest using forearm to support • Buttocks flat 	<ul style="list-style-type: none"> • Sagging at the knee
	6 MONTHS	<ul style="list-style-type: none"> • Rolls both way • Lift legs & grasp feet • Raise head from pillow • Braces shoulders n pulls self to sit when hands held • Sit with support 	<ul style="list-style-type: none"> • Downward parachute reflex 	<ul style="list-style-type: none"> • Lifts head and chest supporting on arms and flats palms 	<ul style="list-style-type: none"> • Weight bearing
2 Mobile phase		Moves	Sitting	Standing	Others
	9 MONTHS	<ul style="list-style-type: none"> •Rolling •Squirming •Attempts to crawl •When held, steps with alternate feet 	<ul style="list-style-type: none"> •Unsupported >10 mins •Can lean forward & turn body sideways without falling 	<ul style="list-style-type: none"> •Pulls to stand for few moments, falls with a bump •When held, steps with alternate feet 	<ul style="list-style-type: none"> •Forward parachute from 7 months
	12 MONTHS	<ul style="list-style-type: none"> •Cruising •Crawling, bottom shuffling, creeping or bear walking 	<ul style="list-style-type: none"> •Rise to sitting from supine 	<ul style="list-style-type: none"> •Pulls to stand and sit down with support •Stands alone for few seconds 	
3 Highly mobile phase		Moves	Toys	Stairs	Others
	15 MONTHS	<ul style="list-style-type: none"> •Walks alone, feet wide, arms up, often falls, bumps into furniture •Stands from sitting w/out support 		<ul style="list-style-type: none"> •Crawls upstairs and comes down backwards 	<ul style="list-style-type: none"> •Kneels undaided
	18 MONTHS	<ul style="list-style-type: none"> •Walks well with arms down •Start n stop safely •Runs carefully, but cannot avoid obstacle 	<ul style="list-style-type: none"> •Push & pulls large toys •Carries objects when walking 	<ul style="list-style-type: none"> •Walks upstairs, hand held, tow feet at a time, comes down on bottom 	<ul style="list-style-type: none"> •Climbs into adult chair •Squats and stands using hand
	2 YEARS	<ul style="list-style-type: none"> •Runs avoiding obstacle 	<ul style="list-style-type: none"> •Walks forwards n backward with a toy pulled with string •Throw small ball •Pushes tricycle with feet 	<ul style="list-style-type: none"> •Walks up and downstairs tow feet holding rail 	