

Physical Activity and Exercise

What Is Physical Therapy?

Pediatric physical therapy addresses the neuromuscular and developmental needs of children. Using play-based activities, games, and therapeutic techniques, physical therapists provide treatment for motor skill development, strength, and functional recovery. Our goal is to help children reach their highest level of ability and take part in everyday activities at home, school, and in the community.

What is the STRONG Approach?

The STRONG program emphasizes daily physical activity and exercise. During and after cancer treatments, a physical therapist will provide activity goals, exercise programs, and coaching support for strength, endurance, and balance. Maintaining or improving physical activity levels throughout cancer treatments and recovery has been shown to improve brain function, energy levels, and sleep. The STRONG physical activity intervention will promote exercise, monitor your progress, and help you stay motivated to meet your goals.

What to expect:

- At the first visit, the physical therapist will measure your child's strength, balance, endurance, and flexibility. We will use these measurements to compare performance at other points in treatment.
- The therapist will set activity goals and select exercise routines to support your child's physical health and their specific needs.
- Follow up will occur at virtual coaching sessions. The physical therapist will review activity levels and performance, provide motivation to stay active, and discuss any concerns that you or your child may have.



- In-person follow-up visits will be scheduled as needed.
- If more direct physical therapy services are needed, the physical therapist and rehabilitation doctor will work together to develop a plan for more intensive therapy.

How Long is the Program?

Maintaining physical health and function are a very important part of cancer recovery. We offer intervention from diagnosis through long-term survivorship, and we will tailor exercise and activity programs to your child's individual needs.

Meet Your Physical Therapist



Cari Sullivan, PT, DPT
Senior Physical Therapist

Contact Information

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