

# Physical Therapy Outpatient

My Hospital Story



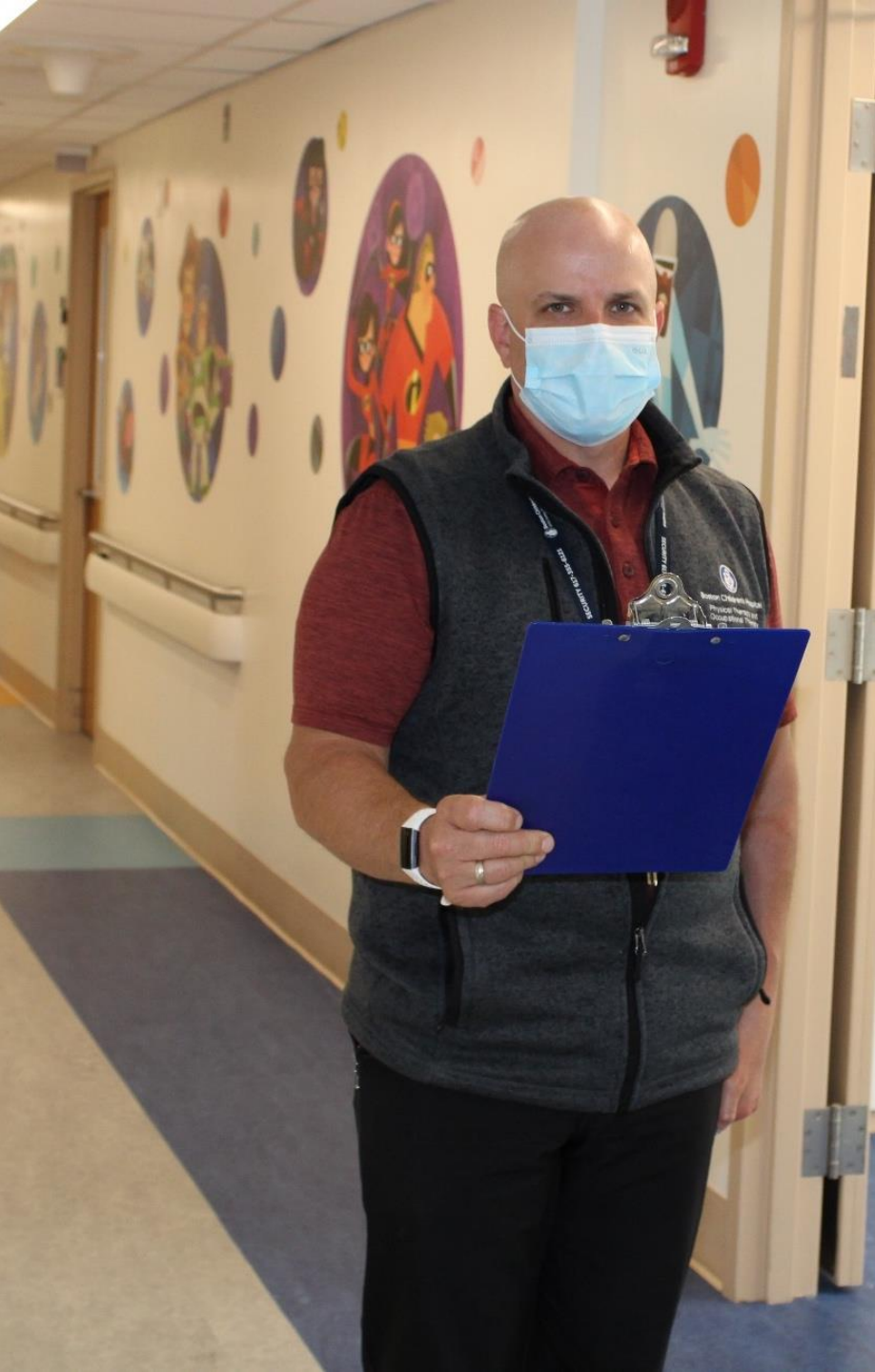
**Boston Children's Hospital**

December 2022

I'm getting ready for my physical therapy appointment at Boston Children's Hospital.







A physical therapist will show me special games and exercises to help my body get stronger.

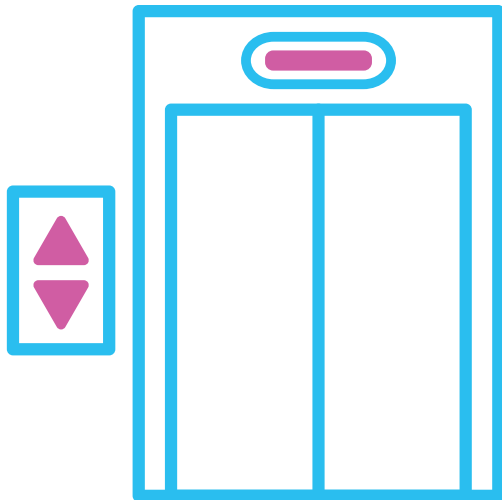




First, we'll walk into the hospital and put on a mask.



Then we'll take the  
Fegan elevators to  
the 7th floor.





Next, we'll walk to the front desk. I'll get a bracelet with my name on it.





Then we'll wait  
until my name is  
called. I can sit  
or play quietly  
while I wait.



When it's my turn,  
my physical  
therapist will call  
my name.



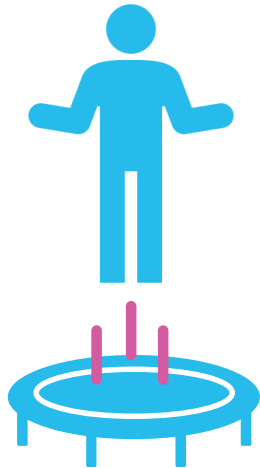




We'll walk to a new room. My therapist will talk to me about what we're going to do today.



I'll go to the gym  
and play games  
to help my body  
get stronger.







I might sit on a bike and push with my arms and legs.





I might walk  
or run on a  
treadmill.





I might go to the treatment room to do stretches to help my muscles.



My therapist  
will help me  
and teach me  
new things.





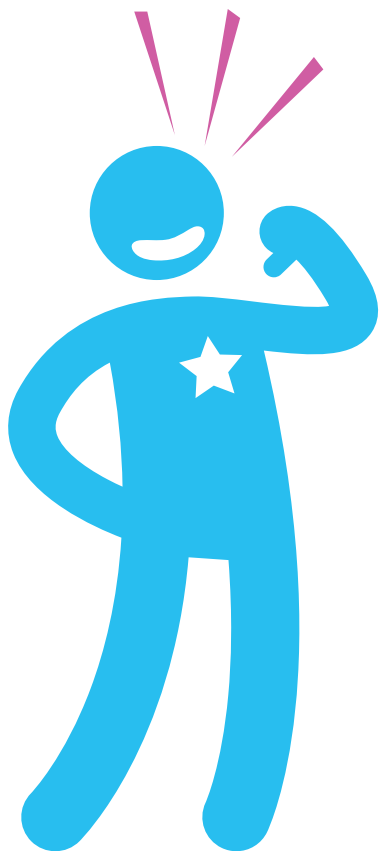


My therapist will  
let me know  
when I'm all done  
with my  
appointment.

I did a great job!



Everyone will be  
so proud of me!





**Developed by**

Autism Spectrum Center, Physical Therapy  
and Child Life Services