

2 Months: Typical Movements

In Supine, Prone, Side Lying, Sitting, and Standing

Supine



- Head turns side to side and can briefly maintain midline.
- Trunk moving towards symmetry however ATNR still present but not obligatory.
- Arms move with variety: away from body, hand to mouth, and hands are open.
- Legs flexed and rotated out. Variety in kicking movements and feet come together.

Prone



- Head and upper trunk raise 45-60 degrees for short intervals. Lifts and turns head side to side.
- Upper back extensors and chest muscles assist with head lifting as hip flexion decreases allowing weight to shift more towards hips.
- Arms more active and able to prop on forearms with elbows behind shoulders.
- Legs flexed and rotated out.

Side Lying



- Head typically in line with trunk and hips. With imposed movements baby may begin to lift head.
- Trunk typically in line with head and hips. May be able to briefly stay in this position independently.
- Begins to bring hands to mouth and starts to finger own clothes and objects near hands.
- Legs typically flexed at hips and knees.

Sitting



- Holds head over trunk for 2-3 seconds.
- Trunk inclined forward. May try and lift/extend trunk when raising head up.
- Arms assist posture, lower arms free to move and hands open and close.
- Legs typically rotated out and flexed at hips and knees, but do not provide stability to sit. Feet can come together.

Standing



- Head typically held in midline, upright and chin not resting on chest.
- Trunk inclined forward. Trunk muscles active and strong allowing baby to be held in standing.
- Elbows and wrists now typically extended but can actively flex.
- Legs flexed and rotated out at hips. Feet flat on surface and close together. Baby may not sustain weight on legs.

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