



Early Intervention Services

Changing Lives for More Than

30 Years

Hi, my name is Anna.

When I was a baby I was delayed reaching my gross motor milestones. My pediatrician diagnosed me with hypotonia and referred me to First Steps. I received physical therapy for 2 years. My First Steps physical therapist worked with me and gave my parents exercises to do at home. My physical therapist helped me grow stronger to sit up, crawl, and eventually walk. When I was dismissed from First Steps, my physical therapist told my parents that I should participate in a fun, physical activity. She suggested my parents enroll me in a dance class. I am so glad they took her advice! I have been taking dance lessons for 13 years now. I have studied ballet, tap, jazz, and contemporary. I even had the opportunity to dance with the Moscow Ballet in the Great Russian Nutcracker at the Murat one Christmas. In middle school, I was on the dance team. Now I am 16 years old and sing and dance in my high school's varsity show choir. I can't imagine my life without dance. It brings me so much joy and has given me so many amazing opportunities. I am so thankful that I had physical therapy when I was little to help me grow stronger and become a dancer.

Meet
Anna Muir



Anna as a toddler

